

# “After School, Now What?”

## Overview

This series of 12 sessions is designed to address some of the cognitive-social issues that are common to individuals with Asperger’s, Non-verbal Learning Disorder, and High-Functioning Autism. Our group supports the inclusion of a variety of abilities. The series follows a sequence of topics that range from discussions about the member’s individual interests, to talking about plans for the future. Our final meeting is a “group date” for dinner, during which we enjoy each others company and apply some of the things we have discussed over the preceding weeks.

The topics that we discuss are consistent from one series to the next, but this is not a comprehensive course. We often have much more material than time to cover it. One could think of it as a “survey course.” As a consequence of that, and of having some new members in each series, it is different experience every time we do it.

We endeavor to provide an emotionally and physically safe environment. In order to maintain that safety, we discourage negative comments, and will not tolerate disparaging remarks directed at any member. We maintain confidentiality and respect for the young adults who participate in the group experience.

Each weekly meeting builds on the ones before it. In order to get the most benefit from the series, it is important that members attend every group. It is also important for the members to be able to count on each other’s support from one week to the next. We know that life happens. If you know ahead of time that you will not make many of the groups, it might be better to consider joining the next series.

We love doing these groups, and look forward to starting another series whenever we have enough prospective members.

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