

## Spring 2023 Program Schedule

### Clinical Programs

Clinical groups focus on several therapeutic areas determined by the interests and needs of the members. These areas may include, but are not limited to: social skills, executive functioning, independent living, vocational skills, self-awareness, relationships & dating, and more! Members are placed within groups based on learning and cognitive profile, age, shared passions, level of therapeutic support needed, personality, and personal goals. myLIFE groups utilize a variety of campus supports including, but not limited to: fitness center, library, campus garden, business school, cafeteria, and more!

<i>Day/Time/Dates</i>	<i>Program</i>	<i>Location</i>	<i>Ages</i> <i>*approximate</i>	<i>Price</i>
<b>Tuesdays</b>				
<b>6:00pm – 7:30pm</b>	<b>liveLIFE</b>	<b>Virtual</b>	<b>26-35</b>	<b>\$650/semester</b>
1/31    2/07    2/14    2/21	liveLIFE is a social engagement and skill building group for autistic adults actively seeking work and/or postsecondary opportunities. Members within this group focus on further developing more complex social and communication skills. liveLIFE prioritizes gaining and maintaining the skills required to live a more independent life.			
2/28    3/14    3/21    3/28				
4/11    4/18				
<b>Wednesdays</b>				
<b>10:00am - 1:00pm</b>	<b>navigateLIFE</b>	<b>EAC</b>	<b>26-35</b>	<b>\$1,260/semester</b>
2/01    2/08    2/15    2/22	navigateLIFE is a social engagement and skill building group that focuses on further developing communication skills while establishing more meaningful friendships and connections. navigateLIFE prioritizes gaining and maintaining the skills required to live a more independent life, including adult living skills, executive functioning, emotion regulation, and more!			
3/01    3/15    3/22    3/29				
4/12    4/19				
<b>10:00am - 1:00pm</b>	<b>masterLIFE</b>	<b>EAC</b>	<b>18-25</b>	<b>\$1,260/semester</b>
2/01    2/08    2/15    2/22	masterLIFE is a social engagement and skill building group for autistic adults who require direct staff support when learning effective communication skills and independent living skills. Members within this group focus on utilizing their form of communication to express their wants and needs.			
3/01    3/15    3/22    3/29				
4/12    4/19				
<b>1:30pm – 6:30pm</b>	<b>discoverLIFE</b>	<b>EAC</b>	<b>18-25</b>	<b>\$1,900/semester</b>
2/01    2/08    2/15    2/22	discoverLIFE is a social engagement and skill building group for autistic adults seeking friendship and community. Members within this group focus on developing communication skills to support in building meaningful connections. discoverLIFE prioritizes gaining and maintaining the skills required to live a more independent life, including adult living skills, executive functioning, emotion regulation, and more!			
3/01    3/15    3/22    3/29				
4/12    4/19				
<b>Thursdays</b>				
<b>11:00am - 6:30pm</b>	<b>exploreLIFE</b>	<b>EAC</b>	<b>18-25</b>	<b>\$2,300/semester</b>
2/02    2/09    2/16    2/23	exploreLIFE is a social engagement and skill building group for autistic adults actively seeking work and/or postsecondary opportunities. Members within this group focus on further developing complex social and communication skills that aid in more meaningful friendships and community connections. exploreLIFE prioritizes gaining and maintaining the skills required to live a more independent life. This group will also engage in the SPARK mentorship program where they will interact with Emory business school students where they will better learn socially driven vocational skills, such as: interviewing, resume building, presentation skills, etc.			
3/02    3/16    3/23    3/30				
4/13    4/20				

## Support Groups

Day/Time/Dates	Program	Location	Ages <i>*approximate</i>	Price
<b>Mondays</b>				
<b>5:30pm – 7:00pm</b>	<b>LGBTQIA+</b>	<b>Virtual/EAC</b>	<b>18+</b>	<b>\$350/semester</b>
1/30 2/06 2/13 2/20	Our LGBTQIA+ social engagement and support group provides a comfortable and safe space to discuss sensitive topics and engage in fun activities relevant to the LGBTQIA+ community.			
2/27 3/13 3/20 3/27				
4/10 4/17				
<b>Tuesdays</b>				
<b>4:00pm – 6:30pm</b>	<b>Women’s Group</b>	<b>EAC</b>	<b>18+</b>	<b>\$650/semester</b>
1/31 2/07 2/14 2/21	Our young women’s social engagement and support group provides a comfortable space to discuss sensitive topics and engage in fun activities relevant to female-identifying adults.			
2/28 3/14 3/21 3/28				
4/11 4/18				
<b>4:00pm – 5:30pm</b>	<b>Men’s Group</b>	<b>Virtual</b>	<b>18+</b>	<b>\$350/semester</b>
1/31 2/07 2/14 2/21	Our young men’s social engagement and support group provides a comfortable space to discuss sensitive topics and engage in fun activities relevant to male-identifying adults.			
2/28 3/14 3/21 3/28				
4/11 4/18				
<b>Thursdays</b>				
<b>6:30pm – 8:00pm</b>	<b>Professional’s Group</b>	<b>Virtual/EAC</b>	<b>21+</b>	<b>\$350/semester</b> <i>*this group may bill insurance</i>
2/02 2/09 2/16 2/23	This group will alternate between virtual and in-person group meetings. We aim to create a community and network of autistic adults and neurotypical peers who are experiencing similar life stages. Community outings may include visiting restaurants, hiking, dinner and movie, taking a class together, etc. All members are expected to provide their own transportation and cover the cost of activities. The group is appropriate for college seniors and working professionals.			
3/02 3/16 3/23 3/30				
4/13 4/20				

## Recreational Programs

We understand intervention is expensive. To offset the price, we are happy to offer discounted rates to members of our clinical programs. Prices in **black** are for members not enrolled in clinical programs. Prices in **green** are discounted rates for clinical program members.

Day/Time/Dates	Program	Location	Ages <i>*approximate</i>	Price
<b>Mondays</b>				
<b>1:00pm-1:30pm</b>	<b>Art</b>	<b>Virtual</b>	<b>18+</b>	<b>\$75/\$125 semester</b>
1/30 2/06 2/13 2/20	Our art program is designed for members who are interested in sketching, drawing, cartooning, and painting. This group provides members with the opportunity to explore and share their creativity while receiving constructive and encouraging feedback. Members will be placed 1:1 with a supportive Emory student.			
2/27 3/13 3/20 3/27				
4/10 4/17				
<b>2:00pm-3:00pm</b>	<b>Disney Club</b>	<b>Virtual</b>	<b>18+</b>	<b>\$100/\$150 semester</b>
1/30 2/06 2/13 2/20	Disney Club engages in all things Disney prince and princess related! This small group encourages social skill building by using a topic of interest to many! Small group discussion topics, to be determined by the interests and needs of the group members, may include: Disney characters, movies, trivia, etc.			
2/27 3/13 3/20 3/27				
4/10 4/17				
<b>3:00pm-3:30pm</b>	<b>Language Learning Program</b>	<b>Virtual</b>	<b>18+</b>	<b>\$75/\$125 semester</b>
1/30 2/06 2/13 2/20	During our Language Learning Program, members and Emory students will explore and practice new languages and other cultural-related activities. Popular languages previously explored are Spanish, Japanese, and American Sign Language (ASL).			
2/27 3/13 3/20 3/27				
4/10 4/17				

## Recreational Programs (cont.)

<i>Day/Time/Dates</i>	<i>Program</i>	<i>Location</i>	<i>Ages</i> <i>*approximate</i>	<i>Price</i>
<b>Mondays</b>				
<b>4:00pm – 4:45pm</b>	<b>Writing</b>	<b>Virtual</b>	<b>18+</b>	<b>\$75/\$125 semester</b>
1/30 2/06 2/13 2/20	This writing opportunity pairs myLIFE group members with an Emory University Writing Center tutor based on the member's area of writing interest and the tutor's skillset. Whether you are exploring ideas, revising a draft, or polishing a final version of a project, this is a fit for you!			
2/27 3/13 3/20 3/27				
4/10 4/17				
<b>5:00pm – 5:30pm</b>	<b>Fitness &amp; Healthy Living</b>	<b>Virtual</b>	<b>18+</b>	<b>\$75/\$125 semester</b>
<b>6:00pm – 6:30pm</b>				
1/30 2/06 2/13 2/20				
2/27 3/13 3/20 3/27	Fitness and Healthy Living provides an opportunity for members to learn more about overall wellness, while also engaging in various exercise. You will be paired with an Emory student during one of the offered 30-minute blocks to work on your personal fitness and health goals. Discussion topics, to be determined by the interests and needs of the group members, may include: yoga, basic stretching, free-weight exercises, in-home exercises, walking and running, healthy eating, and more!			
4/10 4/17				
<b>7:00pm – 8:00pm</b>	<b>Game Night</b>	<b>Virtual</b>	<b>18+</b>	<b>\$100/\$150 semester</b>
1/30 2/06 2/13 2/20	Join us for weekly virtual game nights! Group members will engage with their peers while playing online games of their choice. This small group provides the opportunity for group members to participate in game play while also practicing appropriate social skills throughout. Small group games, to be determined by the interests of the group members, may include: Kahoot, jeopardy, scribble, trivia, and more!			
2/27 3/13 3/20 3/27				
4/10 4/17				
<b>Tuesdays</b>				
<b>1:00pm – 3:00pm</b>	<b>Community Engagement Service Projects</b>	<b>EAC</b>	<b>18+</b>	<b>\$100/\$150 semester</b>
1/31 2/07 2/14 2/21	Our service project group will meet weekly in person to develop and enact service projects on Emory's campus and beyond. These projects might include writing letters to seniors, campus cleanup, supporting our local hospitals, volunteering at a food-bank, and other causes or organizations that the members identify.			
2/28 3/14 3/21 3/28				
4/11 4/18				
<b>7:00pm – 8:00pm</b>	<b>Drama/Improv</b>	<b>EAC</b>	<b>18+</b>	<b>\$100/\$150 semester</b>
1/31 2/07 2/14 2/21	Our drama small group provides a safe, comfortable place for members to explore their creative side in all things theatre! This group will meet in-person weekly, with activities including improv games, acting exercises, and more based on members' interests! Drama group also facilitates social skill building and teamwork through working together to choose, practice, and perform a short skit at the end of the semester. No theatre knowledge or experience is needed to join			
2/28 3/14 3/21 3/28				
4/11 4/18				
<b>Wednesdays</b>				
<b>7:00pm – 8:00pm</b>	<b>Anime Club</b>	<b>Virtual</b>	<b>18+</b>	<b>\$50/\$75 semester</b>
2/08 2/22 3/15 3/29	Our anime small group encourages members to gather who like anime and Japanese graphics. This small group may include various anime themes, including: anime artistic expression, conversations about characters and action-filled plots, futuristic themes, and more! Do note that this group occurs on a bi-weekly basis, allowing time for members to review assigned anime content.			
4/19				
<b>7:00pm – 8:30pm</b>	<b>Roleplaying Games</b>	<b>Virtual</b>	<b>18+</b>	<b>\$75/\$125 semester</b>
2/01 2/15 3/01 3/22	The Roleplaying Games Group provides a fun and creative opportunity for social skill building, roleplaying, and imaginative storytelling. The group will use an RPG system like Dungeons and Dragons; however, experience is not necessary. Group members will create characters and take on new and unique roles, while working together as a team to solve puzzles, complete quests, and explore a fantasy world where adventure waits around every bend. Do note that this group occurs on a bi-weekly basis, allowing time for members to develop characters, engage in discord chat, and more.			
4/12				

Members are placed within myLIFE groups based on learning and cognitive profile, age, shared passions, level of therapeutic support needed, personality, and personal goals. Please refer to the visual below to gain a general idea of how much clinician support is provided within each clinical program.

## myLIFE Support Levels

exploreLIFE (18-25)  
liveLIFE (26-35)

discoverLIFE (18-25)  
navigateLIFE (26-35)

masterLIFE (18-25)  
engageLIFE (26-35)

Lower social and skill support need

Higher social and skill support need

*\*\*myLIFE's unique matching process groups members together based on a several factors. These may include learning and cognitive profile, shared passions, level of therapeutic support needed, personality, and personal goals. All in-person programs will adhere to Emory University policies with regards to Covid-19.*