

Spring 2024 Program Schedule

Clinical Groups

Clinical groups focus on several therapeutic areas decided 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 use a variety of campus spaces (e.g., fitness center, library, campus garden, business school, cafeteria, and more)!

Day/Time/Dates				Program	Location	Ages *Approximate	Spring Session Fee
TUESDAYS							
10:00am – 1:00pm				navigateLIFE	EAC	26-35	\$1,350
1/23/24	1/30/24			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!			
2/06/24	2/13/24	2/20/24	2/27/24				
3/05/24	3/12/24	3/19/24	3/26/24				
4/02/24							
1:30pm – 4:30pm				Community Service group	EAC	26-35	\$940
1/23/24	1/30/24			Service to our Community has always been part of the myLIFE program. And just steps away from the Emory Autism Center's doors is the Hope Lodge, which provides free lodging to individuals during their cancer treatment at one of the local hospitals. The organization is always searching for volunteers, as it takes a village to create a welcoming, relaxing home-away-from-home retreat for its residents. myLIFE is excited to join forces with the Hope Lodge! Here, you will have the opportunity to choose an area of service which aligns with your own interests and strengths and form memorable connections with those affected by cancer. This volunteer experience also has the added benefit of providing you with a space to learn, practice and demonstrate your knowledge of workplace readiness skills, which will support your future employment.			
2/06/24	2/13/24	2/20/24	2/27/24				
3/05/24	3/12/24	3/19/24	3/26/24				
4/02/24							
6:00pm – 7:30pm				liveLIFE	Virtual	26-35	\$720
1/23/24	1/30/24			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.			
2/06/24	2/13/24	2/20/24	2/27/24				
3/05/24	3/12/24	3/19/24	3/26/24				
4/02/24							
Day/Time/Dates				Program	Location	Ages *Approximate	Spring Session Fee
WEDNESDAYS							
10:00am – 1:00pm				masterLIFE	EAC	18-25	\$1,350
1/24/24	1/31/24			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 using their form of communication to express their wants and needs.			
2/07/24	2/14/24	2/21/24	2/28/24				
3/06/24	3/13/24	3/20/24	3/27/24				
4/03/24							
1:30pm – 6:30pm				discoverLIFE	EAC	18-25	\$2,160
1/24/24	1/31/24			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 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, vocational skills, and more!			
2/07/24	2/14/24	2/21/24	2/28/24				
3/06/24	3/13/24	3/20/24	3/27/24				
4/03/24							

Day/Time/Dates	Program	Location	Ages *Approximate	Spring Session Fee				
THURSDAYS								
<hr/>								
11:00am – 6:30pm	exploreLIFE	EAC	18-25	\$2,980				
1/25/24	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.							
2/01/24					2/08/24	2/15/24	2/22/24	2/29/24
3/07/24					3/14/24	3/21/24	3/28/24	
4/04/24								

Support Groups

Day/Time/Dates	Program	Location	Ages *Approximate	Spring Session Fee		
MONDAYS						
<hr/>						
1:00pm – 3:30pm	Women's Group	EAC	18+	\$650		
1/22/24	1/29/24	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.				
2/05/24	2/12/24				2/19/24	2/26/24
3/04/24	3/11/24				3/18/24	3/25/24
04/01/24						
4:00pm – 6:00pm	Men's Group	Virtual	18+	\$520		
1/22/24	1/29/24	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.				
2/05/24	2/12/24				2/19/24	2/26/24
3/04/24	3/11/24				3/18/24	3/25/24
4/01/24						
5:30pm – 7:00pm	LGBTQIA+	Virtual	18+	\$390		
1/22/24	1/29/24	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.				
2/05/24	2/12/24				2/19/24	2/26/24
3/04/24	3/11/24				3/18/24	3/25/24
4/01/24						

Day/Time/Dates	Program	Location	Ages *Approximate	Spring Session Fee				
THURSDAYS								
<hr/>								
6:30pm – 8:00pm	Professionals	Virtual/ EAC	21+	*This group is billed through insurance				
1/25/24	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 right for college seniors and working professionals. Please note that admittance into this group requires an added intake interview with group facilitators to determine suitability.							
2/01/24					2/08/24	2/15/24	2/22/24	2/29/24
3/07/24					3/14/24	3/21/24	3/28/24	
4/04/24								

Recreational Groups

***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 *Approximate	Spring Session Fee
MONDAYS				

7:15pm – 8:00pm				Poetry Club	Virtual	18+	\$120 / \$95
1/22/24	1/29/24			The virtual Poetry, led by Jamie (they/them; Autistic), is a safe space for poetic expression and experimentation. Club activities vary, depending on members' interests. We can read, write, share, and/or discuss poems as well as learn about poetry. No one will be required to write poetry or share their writing with the group. The focus is on fun, exploration, and connecting with one another through our interest in poetry. All are welcome, regardless of prior experience with poetry.			
2/05/24	2/12/24	2/19/24	2/26/24				
3/04/24	3/11/24	3/18/24	3/25/24				
4/01/24							

Day/Time/Dates	Program	Location	Ages *Approximate	Spring Session Fee
TUESDAYS				

1:30pm – 4:30pm				Hiking Club	EAC	18+	\$625 / \$575
1/23/24	1/30/24			The Hiking Club will get out into nature as members enjoy socializing and engaging in mild to moderate levels of exercise that aims to improve both our physical and mental health. This group will encourage social skill-building by using various activities in a fun outdoor environment on the Emory Campus. Activities will vary from photographic scavenger hunts to sight-seeing on campus and simply experiencing mindfulness in nature.			
2/06/24	2/13/24	2/20/24	2/27/24				
3/05/24	3/12/24	3/19/24	3/26/24				
4/02/24							

7:15pm – 8:00pm				Game Night	Virtual	18+	\$120 / \$95
1/23/24	1/30/24			Game night is an opportunity for you to take part in a variety of group-based virtual activities! In the past, we have had a blast learning fascinating trivia through games like Kahoot, testing our knowledge of films and cartoons with Jeopardy, and unleashing our inner artist with Scribble! But that is not all - we have also created special activities for holidays and special occasions, adding even more fun and surprises to our events. During these interactive sessions, you will have the chance to not only practice your social skills but also learn interesting facts, share laughter, and make meaningful new friends along the way			
2/06/24	2/13/24	2/20/24	2/27/24				
3/05/24	3/12/24	3/19/24	3/26/24				
4/02/24							

Day/Time/Dates	Program	Location	Ages *Approximate	Spring Session Fee
WEDNESDAYS				

4:30pm - 5:15pm				Fitness - Weight Training	Virtual	18+	\$120 / \$95
1/24/24	1/31/24			Weight training improves physical and mental health, as well as social interaction. It has been shown to improve muscle mass, strength, metabolism, and endurance, which can help with performance in several daily activities. It encourages stress relief through the release of endorphins, as well as boosting cognitive benefits such as attention, memory, and problem solving. Weight training may be particularly helpful as it helps regulate sensory processing and improves body awareness. In addition, it provides a chance for routine building and social interaction, as well as increasing overall confidence. Benefits may also be seen due to the controlled movements necessary, which enhance motor coordination and fine tune motor skills.			
2/07/24	2/14/24	2/21/24	2/28/24				
3/06/24	3/13/24	3/20/24	3/27/24				
4/03/24							

5:30pm – 6:15pm					Writing	Virtual	18+	\$120 / \$95	
1/24/24	1/31/24				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. myLIFE members and tutors will work one-on-one during weekly sessions throughout each semester on all aspects of writing - not just the act of writing itself! During each writing session, tutors can help members with generating ideas for stories of all genres (including fanfic), revising drafts for professional and creative writing, and providing resources and personalized guidance for developing as a writer. These sessions are above all a collaborative, weekly format. Tutors will engage with members in a casual, discussion-based setting to develop individualized plans to support members in their writing journey. These sessions are a wonderful way for members to casually chat with tutors about their interest in writing and have a sounding board for their work. Overall, this is an opportunity for members to explore whatever aspect or form of writing they are most interested in with a tutor who is knowledgeable and enthusiastic about supporting their long-term development as a writer.				
2/07/24	2/14/24	2/21/24	2/28/24						
3/06/24	3/13/24	3/20/24	3/27/24						
4/03/24									

7:00pm – 9:00pm					Roleplaying Games	Virtual	18+	\$210 / \$160	
1/24/24	1/31/24				The Roleplaying Games Group provides a fun and creative opportunity for social skill building, roleplaying, and imaginative storytelling. The group will use quick-start, one-page RPG systems such as "Lasers and Feelings," "Honey Heist," and "The Dadlands." Experience is not necessary, and we will take time to learn each game system together. Group members will create characters and can explore new and unique social roles, while working together as a team to solve puzzles, complete quests, and tell stories. Do note that we will be running two RPG groups on a bi-weekly basis to keep the group small and allow for more engagement from each player.				
2/07/24	2/14/24	2/21/24	2/28/24						
3/06/24	3/13/24	3/20/24	3/27/24						
4/03/24									

7:15pm – 8:00pm					Anime Club and More!	Virtual	18+	\$120 / \$95	
1/24/24	1/31/24				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! On opposite weeks the group engages in fun games / activities.				
2/07/24	2/14/24	2/21/24	2/28/24						
3/06/24	3/13/24	3/20/24	3/27/24						
4/03/24									

Day/Time/Dates	Program	Location	Ages *Approximate	Spring Session Fee
THURSDAYS				

2:00pm – 3:00pm					Disney Club	Virtual	18+	\$160 / \$135	
1/25/24					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 decided by the interests and needs of the group members, may include Disney characters, movies, trivia, etc.				
2/01/24	2/08/24	2/15/24	2/22/24	2/29/24					
3/07/24	3/14/24	3/21/24	3/28/24						
4/04/24									

5:30pm – 6:15pm					Art Club	Virtual	18+	\$120 / \$95	
1/25/24					Our art club is designed for members who are interested in sketching, drawing, cartooning, media, and painting. This group provides members with a shared space to discuss their craft, share creativity, and engage in their personal art-related projects while receiving constructive and encouraging feedback from each other.				
2/01/24	2/08/24	2/15/24	2/22/24	2/29/24					
3/07/24	3/14/24	3/21/24	3/28/24						
4/04/24									

7:15pm - 7:45pm					Fitness – Yoga / Strength Training	Virtual	18+	\$120 / \$95	
1/25/24					Yoga and strength training offer a powerful combination of benefits for both physical and mental well-being. Yoga promotes flexibility, balance, and mindfulness, which can help reduce stress and anxiety. It encourages deep breathing and relaxation, aiding in emotional regulation and improving mood. On the other hand, strength training enhances muscle strength, bone density, and overall fitness. It boosts self-confidence and body image, which can have positive effects on self-esteem and mental health. Both practices contribute to increased body awareness, motor coordination, and focus. For autistic adults, these combined benefits may play a crucial role in improving sensory integration, self-regulation, and overall quality of life.				
2/01/24	2/08/24	2/15/24	2/22/24	2/29/24					
3/07/24	3/14/24	3/21/24	3/28/24						
4/04/24									

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)

discoverLIFE
(18-25)

engageLIFE
(18+)

masterLIFE
(18+)

liveLIFE
(26-35)

navigateLIFE
(26-35)

Fewer social and skill support



More social and skill support needs

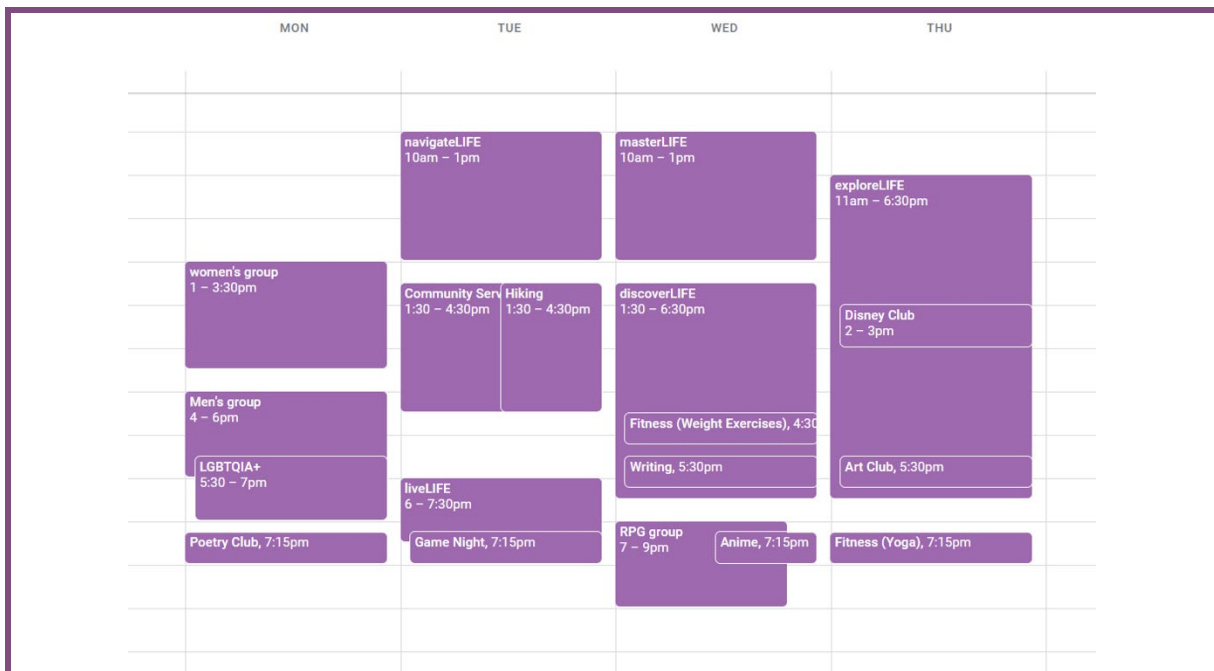
***myLIFE's unique matching process groups members together based on a several factors. These may include learning and cognitive profile, shared passions, level of therapeutic support needed, personality, and personal goals.*

All in-person programs will adhere to Emory University policies with regards to Covid-19.

Form developed from Massachusetts General Hospital ASPIRE Program

Spring 2024 Program Schedule

(calendar view)



Form developed from Massachusetts General Hospital ASPIRE Program