MY LIFE AS AN EPIC WIN COURSE

If you are a teen/young adult (aged 17 – 23 years old) with Asperger’s or High Functioning Autism Spectrum Disorder, this program is for you!

Do you wonder what you’ll do as an adult?
Do you dream of a job or starting a career?
Do you wonder about college/university?
Do you dream of having more friends?
Do you wonder about your own apartment?
Do you dream of being independent?

In this interactive, supportive and fun 12-week program:
• Get clear on what you really want in life
• Create a goals roadmap
• Learn how to stay in action despite barriers
• Build a support team to fulfill on your dreams

The next program starts Wednesday, March 29, 2017

Where: Phoenix Centre for Learning, 437 Welland Avenue, Suite 300, St. Catharines
When: Wednesday evenings for 12-weeks starting March 29, 2017 from 6:30pm – 9pm
Course ends June 28 (skipping April 19 and May 24)
How: Small groups with 7–10 participants aged 17–23 years’ old
Cost: $300.00 (please speak to us about funding options)

For more information or to register, please contact: Dr. Rebecca Ward at drward@epicwinlife.com or call 905–931–1136, visit www.epicwinlife.com
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My Life As An EPIC WIN: Transitioning To Adulthood Program
Dr. Rebecca Ward, Phoenix Centre for Learning

The Epic Win course is for older teens and young adults with high functioning ASD designed to support them in creating an “Epic Win” attitude in life (borrowing from gaming terminology), and in developing practical strategies to win at the game of life. This transition to adulthood empowerment program is offered to 17 to 23–year–olds with diagnoses of high functioning Autism Spectrum Disorder or Asperger’s.

Each group consists of 7–10 youths who are in high school or graduated. In this 12–week course, we will use group discussion, modeling, role–play practice with peers, in–class exercises, and homework assignments to teach and support you in learning skills for successful transition to adulthood.

At the same time, parents/guardians will be trained during their concurrent weekly group on how to support their youth’s development. The parent group curriculum will mirror that of the youth, including several weeks of joint work between parent and youth participants.

The course ends with the creation of an Epic Life video for each participant, in which you are interviewed individually about your interests, passions, strengths, accomplishments, and goals, and about the kind of supports you need for successful transition to adulthood.

Parents and youth will be asked to help in evaluating the course’s effectiveness through completion of pre– and post–course measures looking at self–determination, transitional anxiety, and self–esteem, as well as post–course satisfaction.

By the end of the course, youth and parents will be able to actively listen to each other and work collaboratively, and youth will be able to set goals, create action plans, problem solve, stay in action and take on achieving their adult goals.

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