



Understanding Acceptance Inclusion

Teen & Adult Social Groups



Teen & Adult **SOCIAL GROUP**

Our Teen and Adult Social Group brings together teens and adults with autism who would like to meet with peers. Outings and activities are chosen by participants to encourage socialization. Groups are between 6-10 members and are supported by trained volunteers.

Social Group helps build confidence, independence, and provides participants with a sense of belonging. Engaging in Social Group creates many new opportunities for individuals to make friends, and share meaningful experiences and interests. Here, they can feel welcome just being themselves.

We also offer a Supported Social Group for youth ages 14+ with autism. Participants in this group attend with a respite worker to provide additional support. Volunteers and respite workers offer support while participants make new friends, socialize, and enjoy fun activities.



Activities often include:

Movie and Pizza Nights
Board Game Nights
Video Game Nights
Rock Climbing
Going Out for Dinner
Birthday and Holiday Celebrations
Recreational Activities
Arts and Crafts
Dance Parties
Bowling
Museum Visits
Social Activities
Skating

"It was really helpful to have detailed emails about the events beforehand. Being able to go over what was going to happen at social group each week was great for working on communication, planning, and easing any anxieties." - Parent

For more information, please contact:

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