

## PARENT PROGRAMS

### ABA TRAINING FOR PARENTS

Instructed by Dr. Jessica Korneder, PhD, BCBA-D Assistant Professor at Oakland University & Director of the Oakland University ABA Clinic. We will be offering 2 separate trainings for different age groups: Parents or Guardians of younger children (2-8 yrs) and Parents or Guardians of children (9-18 yrs). Learn to use ABA (Applied Behavioral Analysis) techniques at home to develop your child's skills and reduce challenging behaviors. Attendees are encouraged to bring their own lunch. A 30 minute lunch break will be provided during the course of the day.

#### Parents of Younger Children (2-8 yrs.)

**Date:** Saturday, Oct. 27

**Time:** 9am-3pm

**Location:** Pawley Hall Room 158 (OU CAMPUS)

**Cost:** \$25 per person

#### Parents of Adolescent Children (9-18 yrs.)

**Date:** Saturday, Nov. 10

**Time:** 9am-3pm

**Location:** Pawley Hall Room 158 (OU CAMPUS)

**Cost:** \$25 per person



OUCARES strives to offer scholarships and keep our program prices as low as possible. We are able to do so with the help of generous donations and sponsors.

Please contact us if you are interested in helping to fund OUCARES programs. Any help is greatly appreciated by OUCARES and all of the families we are able to serve.

**OUCARES-Meadows** is located at  
1435 W. Auburn Rd. in Rochester, MI

\* \* \* \*

**OUCARES—OU Campus** is located at  
2200 N. Squirrel Rd. in Rochester, MI

**OAKLAND  
UNIVERSITY™**

  
**Center for Autism - Outreach**  
**OUCARES**

## FALL 2018 RECREATIONAL PROGRAMS



Registration forms are available on our website:

[www.oakland.edu/oucares](http://www.oakland.edu/oucares)

Email: [oucares@oakland.edu](mailto:oucares@oakland.edu)

Phone: 248-370-2424 / Fax: 248-370-4242

## SPORTS PROGRAMS

### INDOOR SOCCER

Participants will learn to play the game of soccer through simple drills and small games. Goals include strengthening motor skills, direction following and cooperative interaction with peers.

**Dates:** Saturdays, Oct. 13 – Dec. 8 (No session Nov. 24)

**Ages:** 4-9 yrs. **Time:** 9:30-10:30am

**Location:** OU Rec Center (OU CAMPUS)

**Cost:** \$60 *Limited Scholarships Available*

### JUDO

Instructed by Judo Steve, a 5th Level Black Belt with experience teaching individuals with ASD. Learn the basics of Judo while building confidence, self-discipline, listening skills, increase coordination and controlled movements. Judo is a fun way to exercise while also learning to follow directions and practice self-defense skills. **Siblings or peer buddies are invited to register for this program!**

**Dates:** Tuesdays, Sept. 25—Nov. 13

**Ages:** 7-14 yrs. **Time:** 6:00-7:00pm

**Location:** Pawley Hall Atrium (OU CAMPUS)

**Cost:** \$80 *Limited Scholarships Available*

### SNAG GOLF

Starting New At Golf (SNAG) is simplified golf, allowing full shots, pitching, chipping, and putting using modified equipment. Goals include improving motor skills, direction following, and social skills. This program is for people with a diagnosis of Asperger's, High-Functioning Autism, or PDD/NOS. We will be using OU's Par 3 golf course throughout the program. **Siblings or peer buddies are invited to register for this program!**

**Dates:** Mondays, Sept 10—Oct. 15

**Ages:** 8 + yrs. **Time:** 6:00pm-7:00pm

**Location:** OU Golf Course (OU CAMPUS)

**Cost:** \$80



## SOCIAL SKILLS PROGRAMS

### BASIC SOCIAL SKILLS

This program is designed to teach Social Skills in a play-centered small group setting. Activities will include skill-based lessons, interactive play & games, role playing, behavior modeling & positive social interactions with peers. Individuals must have conversational language skills and be able to verbally communicate effectively.

**Dates:** Thursdays, Oct. 4—Nov. 29 (No Session Nov. 22)

**Grades:** K-2nd **Time:** 5:30 - 6:30pm

3rd-5th **Time:** 6:30 - 7:30pm

**Location:** Room 204 Meadows Learning Center (1435 W Auburn Rd)

**Cost:** \$130 *Limited Scholarships Available*

### TEEN SOCIAL CLUB

This program offers an opportunity for pre-teens & teens to meet new people and socialize while learning about different teen topics each week. The instructor will use a variety of techniques to encourage & demonstrate positive social interaction through games, conversation, shared interests and activities. This program is for participants with High-Functioning Autism or Asperger's with conversational language skills who do not need a 1:1 support.

**Dates:** Tuesdays, Oct. 2—Nov. 20

**Ages:** 11-14 yrs. **Time:** 6:30 - 8:00pm

**Location:** Room 203 Meadows Learning Center (1435 W. Auburn Rd)

**Cost:** \$130

**Dates:** Thursdays, Oct. 4—Dec. 6 (No Session Oct. 25, Nov. 22)

**Ages:** 15-18 yrs. **Time:** 6:30 - 8:00pm

**Location:** Room 203 Meadows Learning Center (1435 W. Auburn Rd)

**Cost:** \$130

### UNIQUELY ME: Women on the Spectrum Connect

Learn and laugh in this social group led by Tracey Cohen, self-described 'aspie author' of Six Word Lessons on Female Asperger Syndrome. Tracey will lead discussions on relevant women's topics including finding & keeping relationships, employment challenges, daily sensory issues, independence, and embracing aspie life in today's society. This program is for adult women with Asperger's or High-Functioning Autism with conversational language skills.

**Dates:** Tuesdays, Sept. 25—Nov. 13

**Time:** 6:30pm-8:00pm **Ages:** 18+

**Location:** Room 480K Pawley Hall (OU CAMPUS)

**Cost:** \$80

## SOCIAL SKILLS PROGRAMS

### SOCIAL CONNECTIONS for ADULTS

This program offers Adults with High-Functioning ASD or Asperger's an opportunity to meet new people and socialize while learning about relevant topics each week. The instructor will address important issues such as: making and maintaining relationships, workplace etiquette, social media and internet safety, community interactions and so much more.

**Dates:** Wednesdays, Oct. 3—Dec. 5 (No Oct. 31, Nov. 21)

**Ages:** 18+ **Time:** 6:00pm-7:30pm

**Location:** Room 203 Meadows Learning Center (1435 W. Auburn Rd.)

**Cost:** \$130.00

### AFTER HOURS ADULT SOCIAL

This is a social group for adults with the diagnosis of Asperger's, High Functioning Autism or PDD/NOS. Come join us for pizza, conversation, cards, games, and fun! No registration required, come when you are able.

**Dates:** Tuesdays, Sept. 25, Oct. 23, Nov. 13

**Ages:** 18+ yrs. **Time:** 6:00-9:00 pm

**Location:** Oakland Center (OU CAMPUS)

**No cost for this program**

## EMPLOYABLE SKILLS PROGRAMS

### PHOTOGRAPHY AND PHOTO EDITING

Participants will learn the main functions of a digital camera and how to best utilize them in different settings. Participants will use photographs taken in class as tools to learn basic photo editing techniques in Adobe Photoshop.

Instructed by professional photographers. This program is designed for individuals with a diagnosis of Asperger's, High-Functioning Autism or PDD/NOS who do not need a 1:1 support.

**Dates:** Mondays, Oct. 1—Nov. 19

**Ages:** 13+ yrs. **Time:** 5:30-7:00 pm

**Location:** Room 204 Meadows Learning Center (1435 W. Auburn Rd.)

**Cost:** \$200

## SPORTS PROGRAMS

### SWIMMING

Instructed by a certified lifeguard with experience working with children with ASD, the goals are for participants to become comfortable in the pool, understand water safety, and learn new swim techniques and strokes. Participants will be assessed during the first session and provided direction based on their skills.

*Parents or guardians may be asked to participate if a 1:1 is needed.*

**Dates:** Sundays, Sept. 16 - Nov. 4

**Ages:** 5-10 yrs. **Time:** 10:00-10:45am

11-16 yrs. **Time:** 11:00-11:45am

**Location:** Aquatic Center Pool (OU CAMPUS)

**Cost:** \$130

### YOGA

This fun movement program utilizes breathing exercises, yoga poses & movement activities to benefit the individual with ASD. The gross motor movements practiced are designed to positively impact fitness, self-regulation & motor performance in a relaxing environment. Bring a yoga mat. Classes are taught by a certified yoga instructor.

**Dates:** Wednesdays, Oct. 3—Dec. 5 (No Session Oct. 31, Nov. 21)

**Ages:** 8+ yrs. **Time:** 6:30-7:30pm

**Location:** Room 200 Meadows Learning Center (1435 W. Auburn Rd.)

**Cost:** \$100

**New Time**

## FALL EVENING ENRICHMENT SERIES

**September 27th: Cyber Minefields**

Presented by Patrick Corbett, United States District Attorney

**October 18th: Autism, Obesity & Nutrition**

Presented by Dr. Virginia Uhley

**November 8th: The Big WHY Behind Autism Behaviors:  
Understanding the Brain**

Presented by Dr. Karen Clark

For more information or to register for these events,  
please go to our website at [www.oakland.edu/oucares](http://www.oakland.edu/oucares)

## SPORTS PROGRAMS

### VOLLEYBALL

Participants learn to play a sport while socializing and having fun! Players learn basics of volleyball while also learning team work, increasing their confidence, improving their motor skills and coordination. Program designed for individuals with conversational language skills who follow simple directions with a diagnosis of PDD/NOS, Asperger's, or High Functioning Autism.

**Dates:** Tuesdays, Oct. 2—Nov. 20

**Ages:** 16+ yrs. **Time:** 6:30-8:00pm

**Location:** Woodland Elementary Gym (6465 Livernois, Troy)

**Cost:** \$40

### BASEBALL

The OU Men's Baseball Team teaches participants the fundamentals of baseball through skill stations and modified games. Skills such as hitting, throwing and catching will be practiced each week, along with learning how to interact as a team player.

**Dates:** Tuesdays, Sept. 11- Oct. 16

**Ages:** 8-14 yrs. **Time:** 5:30-6:30pm

**Ages:** 15+ yrs **Time:** 5:30-6:30pm

**Location:** OU Baseball Fields (OU CAMPUS)

**Cost:** \$50



### BASKETBALL

Participants will learn basic basketball skills such as dribbling, shooting, and team skills in a supportive environment. Mastering these skills will involve listening, direction following and interacting with teammates.

**Dates:** Fridays, Oct. 12-Dec. 7 (No Session Nov. 23)

**Ages:** 10-15 yrs. **Time:** 6:00-7:00pm

16+ yrs. **Time:** 7:00-8:00pm

**Location:** Recreation Center Gym (OU CAMPUS)

**Cost:** \$60

**Dates:** Saturdays, Oct. 13 - Dec. 8 (No session Nov. 24)

**Ages:** 6-12 yrs.

**Time:** 10:30-11:30am

**Location:** Recreation Center Gym (OU CAMPUS)

**Cost:** \$60 *Limited Scholarships Available (Saturday Sessions Only)*

## BOWLING LEAGUES

OUCARES' Oakland "Strikers" & Macomb "Pin Crushers" Bowling Leagues provide fantastic opportunities for individuals with ASD to bowl in supportive and controlled environments. Social participation is encouraged to help participants develop friendships in a community setting. Price includes 2 games/week, bowling ball & shoes, and a pizza party.

### Oakland Strikers

**Dates:** Saturdays, Oct. 6-Dec. 8 (No Session Nov. 24)

**Ages:** 16+ yrs.

**Time:** 10:00am-12:00pm

**Location:** Classic Lanes (2145 Avon Industrial Dr., Rochester Hills)

**Cost:** \$60

### Macomb Pin Crushers

**Dates:** Saturdays Sept 29-Dec. 1 (No Session Nov. 24)

**Ages:** 16+ yrs.

**Time:** 10:00am-12:00pm

**Location:** 5 Star Lanes (2666 Metro Pkwy, Sterling Heights)

**Cost:** \$60 *Limited Scholarships Available (Macomb Only)*

## ROBOTICS CLUB

Learn the fundamentals of Robotics and basic computer programming in this interactive social club. Participants will work with Lego Mindstorm robots and computers to introduce the concepts of building a robot, introduction to programming, demonstrations and competitions, all while working on teamwork and social skills. This program is designed for individuals with High-Functioning Autism, PDD/NOS or Asperger's with conversational language skills who can follow multi-step directions with minimal prompts and do not need a 1:1 support.

**Dates:** Mondays, Oct. 1 to Nov. 5

**Ages:** 10-14 yrs.

**Time:** 6:00- 7:30pm

**Location:** Room 203 Meadows Learning Center (1435 W. Auburn Rd.)

**Cost:** \$130