

## **INDEPENDENT LIVING SKILLS CENTER**

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In addition to class instruction individuals will have access to computers in the Family Learning Center and the ILSC kitchen for cooking lessons.

The computers are equipped with an instructional program that teaches Microsoft Office, Internet, and can be used to conduct online job searches.



Classes will be conducted on an individual basis.



**For more information please call:**

**Terri Allen (203) 581-5340**

**[www.goodwillwct.org](http://www.goodwillwct.org)**

## **Autism Spectrum Social and Life Skills Workshops**



## **The Business of Changing Lives**

# LIFE AND SOCIAL SKILLS TRAINING

For high functioning individuals with an Autism Spectrum Disorder:

- Improve social interaction
- Expand your social circle
- Learn how to successfully locate and maintain competitive employment

These weekly classes are tailored to address the unique concerns and needs individuals on the spectrum. Classes are conducted on an individual basis and will be scheduled in one hour blocks on Tuesdays from 9:00am-2:00pm.

Here is a sampling of the topics that will be addressed

## *Social Skills*

- Body Language
- Personal Space
- Social Fears
- Starting and Maintaining Conversation
- Assertiveness
- Personal Hygiene

## *Life Skills*

- Money Management
- Accessing Public Transportation
- Preparing for Emergencies
- Dealing with Emergency Personnel
- Understanding Your Rights
- Time Management

## *Vocational Skills*

- Choosing a Job Path
- Completing Job Applications
- Preparing a Resume and Cover Letter
- Interviewing Skills
- Maintaining Employment
- Networking
- Dealing with Co-Workers
- Dealing with Criticism
- Sexual Harassment

