

Would you like to volunteer with OUCARES?

Do you have ideas for new programs?

Do you have a talent (such as cooking, drawing, or any other skill) that could be developed into a new and exciting program?

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OUCARES would love to hear from you!
Email us at oucares@oakland.edu



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.

Registration forms are available on our website:

www.oakland.edu/oucares

Email: oucares@oakland.edu

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

OAKLAND UNIVERSITY™



Center for Autism

WINTER 2015 RECREATIONAL PROGRAMS



Oakland University.

SPORTS PROGRAMS

BASKETBALL

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

Dates: Fridays, Jan. 23-Mar. 20 (no session Feb. 27)

Ages: 10-15 yrs. **Time:** 6:00 - 7:00 pm
16+ yrs. **Time:** 7:00 - 8:00 pm

Location: Recreation Center Gym (OU CAMPUS)

Dates: Saturdays, Jan. 17-Mar. 14 (no session Feb. 28)

Ages: 4-9 yrs. **Time:** 10:30-11:30am

Location: Recreation Center Gym (OU CAMPUS)

Cost: \$60

INDOOR SOCCER

Instructed by a psychologist, 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, Jan. 17-Mar. 14 (no session Feb. 28)

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

Location: Recreation Center Gym (OU CAMPUS)

Cost: \$60

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 the OU Recreation Center and OU's Par 3 golf course throughout the program. **Siblings or peer buddies are invited to register for this program!**

Dates: Saturdays, Jan. 10-Mar. 14 (no sessions 1/24, 2/14, 2/28)

Ages: 8+ yrs. **Time:** 11:30am-12:30pm

Location: Recreation Center Gym (OU Campus)

Cost: \$80

PARENT PROGRAM

PARENT SUPPORT GROUP

Families of children with ASD often feel scared, frustrated, helpless, and alone. This is not what you had planned for your children or yourselves. Please join us for a therapeutic and interactive parent support group facilitated by a licensed clinical social worker and a parent who "gets it." This group is designed to help parents think clearly in order to make the best decisions for their own, as well as their child's, well-being. The facilitators understand what it feels like to be a parent of a child with ASD who doesn't have time to take care of themselves. Learn to be a stronger person for yourself and a stronger parent for your child. The mission of this group is to support and strengthen parents of children with ASD through connections and shared experiences.

Dates: Wednesdays, Jan. 14-Feb. 25 (no session Feb. 18)

No age restrictions **Time:** 6:30-8:30pm

Location: Pawley Hall - Educational Resource Library
Special Collections Room (OU CAMPUS)

Cost: \$25

WINTER EVENING ENRICHMENT SERIES

January 15: The Spectrum Conundrum:
How to Give Your All to Your Child with ASD
and Still Manage to Love, Laugh & Have a Life!

Hosted by Jackie Purtan

February 12: The Journey Towards Accepting Autism
Into Your Family

Hosted by Michigan Family Connections

March 19: Supporting Adults Aging with Autism and
Related Developmental Disabilities and Their Families

Presented by Dr. Tamar Heller

For more information or to register for these events,
please go to our website at www.oakland.edu/oucares

SOCIAL SKILLS PROGRAMS

SOCIAL SKILLS

This program is for individuals with conversational language skills who have the diagnosis of Asperger's, High Functioning Autism or PDD/NOS. Designed to teach social interaction, we encourage friendships and positive relationships among peers. The Saturday program allows neurotypical siblings/peers within 5 years of age of the participant with ASD to participate. This offers an inclusive program to better generalize the social skills they children learn.

Dates: Tuesdays, Jan. 13-Mar. 10 (no session Feb. 17)

Grades: 3rd-5th **Time:** 5:30 - 6:30 pm
6th-9th **Time:** 6:30 - 7:30 pm
10th-12th **Time:** 7:30 - 8:30 pm

Location: room 202 (MEADOWS SCHOOL, 1435 W Auburn Rd)

Dates: Saturdays, Jan. 24-Mar. 21 (no session Feb. 28)

Grades: K-2nd **Time:** 9:30-10:30am
3rd-5th **Time:** 10:30-11:30am
6th-9th **Time:** 11:30am-12:30pm

Location: Pawley Hall - Room 190 (OU CAMPUS)

Cost: \$130 (\$40 for neurotypical sibling or peer buddy)

COMIC BOOK CLUB

Participants create super hero symbols, play games, read comics, and make their very own comic strips. Instructor uses various techniques to teach skills in social interaction, encourage independence, and promote participants' understanding of emotions. This program is for participants with High-Functioning Autism or Asperger's with conversational language skills.

Dates: Thursdays, Jan. 15-Mar. 19 (no session Feb. 19 or March 5)

Ages: 8-12 years **Time:** 5:30-7:00pm

Ages: 13+ yrs. **Time:** 7:00 - 8:30 pm

Location: Room 201 (MEADOWS SCHOOL, 1435 W. Auburn Rd)

Cost: \$100

INDUSTRIAL ARTS CLUB

Participants work with a retired Industrial Arts teacher on independent & group projects in a "Tool Shop" environment. Power tools, hand saws and heating elements will be used with utmost safety as participants work with different mediums. This program is for individuals who have Asperger's, High-Functioning Autism, or PDD-NOS.

Dates: Mondays, Feb. 2 -Mar. 30 (no session Feb. 16)

Ages: 11-14 yrs. **Time:** 6:00-7:30pm

Location: Room 201 (MEADOWS SCHOOL)

Cost: \$100

EMPLOYABLE SKILLS PROGRAMS

PHOTOSHOP BASICS

This is an introduction to the basic techniques and tools in Photoshop. Participants will learn to create and edit graphics while also increasing their listening skills, creativity, and direction-following. The instructor has over 15 years experience in graphic design and many years experience working with individuals with ASD. This program is designed for individuals with a diagnosis of Asperger's or High-Functioning Autism.

Dates: Mondays, Jan. 12-Mar. 16 (no sessions Jan. 19 or Feb. 16)

Ages: 13-26 yrs. **Time:** 6:00-8:30pm

Location: Room 202 (MEADOWS SCHOOL, 1435 W. Auburn Rd)

Cost: \$200

ADVANCED ANIMATION

This program builds upon the skills learned in the "Photoshop Basics" program. Participants in Advanced Animation learn advanced tools in Photoshop and Anime Studio Pro to learn the steps to animate graphics and build a portfolio of their work. The advanced techniques are employable skills that will equip participants with many skills needed to get an IT job in the future. The instructor has over 15 years experience in graphic design and many years experience working with individuals with ASD. This program is designed for individuals with a diagnosis of Asperger's or High-Functioning Autism.

Dates: Wednesdays, Jan. 14-Mar. 11 (No session Feb. 18)

Ages: 16-26 yrs. **Time:** 6:00-8:30pm

Location: Room 202 (MEADOWS SCHOOL, 1435 W. Auburn Rd)

Cost: \$200

OUCARES-Meadows is located at

1435 W. Auburn Rd. in Rochester, MI

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OUCARES—OU Campus is located at

2200 N. Squirrel Rd. in Rochester, MI

SPORTS PROGRAMS

JUDO

Instructed by Judo Steve, a 5th Level Black Belt with experience teaching individuals with ASD, this martial arts program will focus on the basics of judo including controlled movements and learning how to fall safely. Judo is a fun way to exercise while also learning self-defense and listening skills, and it will encourage participants to practice self-control and discipline. **Siblings or peer buddies are invited to register for this program!**

Dates: Tuesdays, Jan. 13-Mar. 10 (no session Feb. 24)

Ages: 6-12 yrs. **Time:** 5:30-6:30 pm

Location: Pawley Hall Atrium (OU CAMPUS)

Dates: Fridays, Jan. 23-Mar. 20 (no session Feb. 27)

Ages: 13 yrs. & up **Time:** 6:30 - 7:30 pm

Location: Pawley Hall Atrium (OU CAMPUS)

Cost: \$80

SWIMMING

This new program will teach the basics to new swimmers. Taught 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 basic swim techniques. Parents/guardians are expected to participate with their children with ASD.

Dates: Sundays, Jan. 18-March 29 (no program March 1)

Ages: 5-10 yrs. **Time:** 10:30-11:30am

Location: Aquatic Center Pool (OU CAMPUS)

Cost: \$130

OUCARES Mission

To promote understanding and awareness of Autism Spectrum Disorder through research, education, and support services in order to improve quality of life for those impacted by ASD.

ADULT PROGRAMS

AFTER HOURS ADULT SOCIAL

This is a support 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: Jan. 13, Feb. 10, Mar. 10

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

Location: Lower level of the Oakland Center (OU CAMPUS)

No cost for this program

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. Personal coaching provided by a pro bowler. Price includes 2 games/week, bowling ball & shoes, and a pizza party.

Oakland Strikers Dates: Saturdays, Jan. 17-Mar. 14

Ages: 16+ yrs. **Time:** 10:00am-12:00pm

Location: Classic Lanes, Rochester

Macomb Pin Crushers Dates: Thursdays, Jan. 15-Mar. 12

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

Location: Bowling MD (Formally Bowling IQ) Sterling Heights

Cost: \$45

This program is made possible by the generous support of the Macomb St Clair Autism Society.

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, Jan. 13-Mar. 10 (no session Feb. 17) **NOW 8 WEEKS!**

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

Location: Woodland Elementary Gym (6465 Livernois, Troy)

Cost: \$40