

SPRING EVENING ENRICHMENT SERIES

April 12: The PLAY Project Play Based Early Intervention for Children with ASD

Presented by Lauren Vanderlist MS OTR/L, Bright Connections

May 17: You're Hired!

One Man's Personal Journey with Autism and Employment

Presented by Ron Sandison Adult, Author & Employee with ASD

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

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

Registration forms are available on our website:

www.oakland.edu/oucares

Email: oucares@oakland.edu

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

Rev 3/16/2018



SPRING 2018 RECREATIONAL PROGRAMS



Oakland University™

SPORTS PROGRAMS

OUTDOOR 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, April 21—June 30 (No Session April 28, May 19 & 26)

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

10+ yrs. **Time:** 10:30-11:30am

Location: Recreation & Athletic Complex RAI Soccer Fields (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, April 10—May 29

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

Location: Pawley Hall Atrium (OU CAMPUS)

Cost: \$80

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's Par 3 golf course & Driving Range throughout the program.

Siblings or peer buddies are invited to register for this program!

Dates: Mondays, April 30-June 11 (No session May 28)

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

Location: OU Golf Course

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. Participants must be able to self-regulate without a 1:1 and be motivated to interact positively in a group environment.

Dates: Tuesdays, April 10—May 29

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, April 10—May 29

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

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

Cost: \$130

Dates: Thursdays, April 12—June 7 (No Session April 26)

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

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

Cost: \$130

SOCIAL CONNECTIONS for ADULTS

This program offers Adults with High-Functioning ASD or Aspergers 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, April 11—May 30

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

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

Cost: \$130.00

SOCIAL SKILLS PROGRAMS

Now 8 Weeks!

UNIQUELY ME: Women on the Spectrum Connect

Formally Aspie Women Talk Life, 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, April —June 12

Time: 6:30pm-8:00pm

Age: 18+

Location: Room 480k Pawley Hall (OU CAMPUS)

Cost: \$80

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, April 9—June 4 (No Session May 28)

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. *This program is partially funded by Autism Speaks.*

Dates: Sundays, April 8—June 17 (No Session April 22, May 6, 27)

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 *Limited Scholarships Available*

OUCARES JUST FOR KICKS! SOCCER

OUCARES Just for Kicks Soccer (formerly OUCARES Lil' Kickers), offers a fun adaptive soccer program for children with Autism in southern Oakland County! Certified Soccer Coaches use innovative strategies and inclusive techniques to teach basic soccer skills in a fun and safe setting with the goal of players developing physical well-being and confidence.

Dates: Saturdays, April 14—June 9 (No Session May 26)

Ages: 4-7 yrs. **Time:** 9:30-10:20am

Ages: 8-12 yrs. **Time:** 10:30- 11:20am

Location: Total Sports (22777 Farmington Rd. Farmington, MI 48336)

Cost: \$100



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, April 13—June 22 (No Session April 20, May 4, May 25)

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

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

Location: Recreation Center Gym (OU CAMPUS)

Cost: \$60

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, April 3—June 19 (No Session April 17, 24, May 8, 22)

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

Location: Woodland Elementary Gym (6465 Livernois, Troy)

Cost: \$40

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, April 7—June 16 (No Session April 28, May 26)

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

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

Cost: \$60

Macomb Pin Crushers

Dates: Saturdays April 7—June 9 (No Session April 28, May 26)

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

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

Cost: \$60

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: Tuesdays, April 17, May 15, June 12

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

Location: Oakland Center (OU CAMPUS)

No cost for this program

PARENT PROGRAMS

EVERYDAY ABA 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 training dates for different age groups: Parents or Guardians of Younger Children (2-8 yrs) and Parents or Guardians of Adolescent 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, May 5

Time: 9am-4pm

Location: Pawley Hall Room 250K (OU CAMPUS)

Cost: \$25 per person

Parents of Adolescent Children (9-18 yrs.)

Date: Saturday, May 19

Time: 9am-4pm

Location: Pawley Hall Room 250K (OU CAMPUS)

Cost: \$25 per person