

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](mailto: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.



## WINTER 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, January 13—March 17 (No Session Jan. 27, Feb. 24)

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

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

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

### 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, January 12—March 16 (No Session Feb. 23, March 2)

**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, January 13—March 17 (No Session Jan. 27, Feb. 24)

**Ages:** 6-12 yrs. **Time:** 10:30-11:30am

**Location:** Recreation Center Gym (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, January 23—March 13

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

**Location:** Pawley Hall Atrium (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. Participants must be able to self-regulate without a 1:1 and be motivated to interact positively in a group environment.

**Dates:** Thursdays, January 18—March 15 (No Session February 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, January 16—March 13 (No Session February 20)

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

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

**Cost:** \$130

**Dates:** Thursdays, January 18—March 22 (No Session Feb. 8 & Feb. 22)

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

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

**Cost:** \$130

### 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, January 23—February 27

**Time:** 6:30pm-8:00pm

**Ages:** 18+

**Location:** Room 494 Pawley Hall (OU CAMPUS)

**Cost:** \$60

## 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, January 17— March 14 (No Session Feb. 21)

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

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

**Cost:** \$130

### 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, January 16, February 27 and March 20

**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, January 15-March 12 (No Session February 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, January 21—March 18 (No Session Feb. 18)

**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*

### YOGA

This fun therapeutic 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 registered yoga instructor.

**Dates:** Wednesdays, January 17 — March 14 (No Session Feb. 21)

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

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

**Cost:** \$100

### OUCARES JUST FOR KICKS! SOCCER

OUCARES Just for Kicks! Soccer (formally 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, January 13—March 3

**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

### 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, January 16—March 20 (No Session Jan. 30 & Feb. 27)

**Ages:** 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, January 13—March 24 (No Session Feb. 24, March 3)

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

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

**Cost:** \$60

#### Macomb Pin Crushers

**Dates:** Saturdays, January 13—March 24 (No Session Jan. 27, Feb. 10, 24)  
(No Session Jan. 27, Feb. 10 & Feb. 24)

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

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

**Cost:** \$60

### ROBOTICS CLUB

OUCARES is partnering with the OU Engineering Department to offer a social club teaching the fundamentals of robotics. Participants will work with Lego Mindstorm Robots 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:** January 22—March 5 (No Session February 19)

**Ages:** 10-15 yrs. **Time:** 6:00- 7:30pm

**Location:** Engineering Building (OU Campus)

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

## WINTER EVENING ENRICHMENT SERIES

**February 8th: Investing in Your Romantic Relationship**

Presented by Dr. Terry Orbuch

**March 8th: Sexuality and Autism**

Presented by Chaturi Edrisinha Ph.D., BCBA-Doctoral

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

### 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.

