

How Will The Group Be Structured?

A group leader will facilitate the sessions.

This includes:

- Providing information
 - Presentations
 - Group Exercises
- Help establish and enforce group rules and guidelines set by group
- Guide group members in implementing skills discussed

Do I Have To Talk?

No, you do not have to talk in group until you feel comfortable and are ready to do so. However, we do hope that everyone begins to feel comfortable enough to talk at some point. The more everyone is able to share, the closer and stronger the group will become. We all learn from each others' experiences and this helps with our own personal growth and development.

Baylor Autism Resource Center

One Bear Place #97301
Waco, TX 76798
254-710-3112
autism@baylor.edu

For information about support group, please contact:

Laura S. Byas, MA
Licensed Professional Counselor
254-931-1410
laurabyas@gmail.com

If additional information is needed, please contact:

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Julie_Ivey@baylor.edu
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Baylor Autism Resource Center

Young Adult Support Group



Asperger's Syndrome

January 2011-May 2011



Why Do I Need A Support Group?

- Members of our group may find they feel less alone in their journey.
- Spending time with others who have had similar experiences can help you feel comfortable enough to open up and talk about your own struggles and successes.
- Talking together with other group members will help us see that there is a full and satisfying life for us. We will come to understand that our difficulties aren't happening because there is something wrong with us, and we learn to stop living in the shadows.
- Sharing your questions and stories, and getting support from others can help us understand Asperger Syndrome better.

What Kinds Of Things Will We Talk About In Group?

The things we talk about will be different from group to group, depending on the interests and needs of the members.

Some themes will include how to:

- Enjoy an active social life
- Do well in college or a university
- Treat family members with love and respect
- Hold down a steady paying job
- Be a responsible, independent adult
- Get along well with friends and co-workers
- Take good care of yourself
- Find a rewarding career
- Find supportive nurturing relationships

You decide what you want the group to be about:

- Time to talk and share individual stories
 - Get new information
 - Invite guest speakers
- Share information about community resources and services

What Kinds Of People Will Be In The Group?

This group is specifically designed for young adults with Asperger Syndrome. Members will have stories very similar to your own. Other members may have experiences that seem very different than yours.

As a group, we will:

- create a safe space where we can listen to one another's experiences without judging
- help support each other as we learn social skills
- develop new friendships
- talk about what does and does not work in relationships.

You will meet people from other cities, colleges, races, and faiths in group. Having people from many different walks of life and different backgrounds makes the group a stronger and more positive place to be.

