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 other’s experiences and this helps with our own personal growth and development.

For information please contact:

Director- Baylor Autism Resource Clinic
Baylor University
Waco, Texas 76798
autism@baylor.edu
254-710-6222
254-710-7584

Young Adult Support Group Autism Spectrum Disorders
(includes those diagnosed with Asperger Disorder)

September 2015-May 2016

(Day/time to be determined based on student & staff availability)
**Why Do I Need A Support Group?**

* 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 you see that there is a full and satisfying life.

* Sharing your questions and stories, and getting support from others can help you understand your unique needs.

**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/college-age students with Autism Spectrum Disorder (and those diagnosed with Asperger’s 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 you can listen to one another’s experiences without judging  
* Help support each other as you learn social skills  
* Develop new friendships  
* Talk about what does and does not work in relationships.