



SOARING ON THE SPECTRUM SUCCESS STRATEGIES FOR HIGH FUNCTIONING AUTISM & ASPERGER'S

Structured Program for Older Teens and Adults

Individuals with High Functioning Autism or Asperger's Disorder face unique challenges in realizing their life potential for happiness and well-being. Families, friends, and partners can also experience frustration in their relationship with their loved one who is on the spectrum. This 6-month comprehensive, multi-disciplinary program targets skill building for success while it builds on the strengths of individuals with autism.

**Social
Communication &
Interaction**

**Coaching for
Academic and
Occupational
Success**

**Happy & Healthy
Lifestyles with ASD**

**Managing Anger,
Anxiety &
Depression**

**Strengthening
Executive
Functioning**

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