

About the Group

- It will provide adults with Asperger Syndrome and other related disorders, who are currently not receiving support, an opportunity to gain knowledge and competence in using various skills in their daily lives.
- It will be **client-driven**. Facilitators will work directly with the group members to identify the skills they would like to learn more about and use that information to help guide the design of the group sessions.
- Age range of group participants will vary depending upon applicants.
- Group size will be between 8 and 10 participants.
- There will be 8 sessions, 2 hours in length, for a total of 16 hours.
- Group sessions will be based out of the Society for Manitobans with Disabilities building (825 Sherbrook Street).

Asperger Manitoba Inc.'s

Mission is:

- I. To provide support for those affected with Asperger Syndrome by offering education and counselling.
- II. To educate the public about Asperger Syndrome and the needs of persons affected by Asperger Syndrome by collecting and disseminating information on the topic.
- III. To undertake activities which are ancillary and incidental to these objects.

Our vision is to ensure that all those affected by Asperger Syndrome, either directly or indirectly, will be supported to maintain positive health and wellness and in so doing, be able to lead productive lives within their communities.

Asperger Manitoba Inc.

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With financial support from:



Skills Training Group

For Adults with Asperger Syndrome



Why a skills training group for people with Asperger Syndrome or related disorders?

People with Asperger Syndrome and related disorders (for example, High Functioning Autism, or Pervasive Development Disorder-Not Otherwise Specified) experience great difficulty in the area of social competence as well as other areas that impact their ability to live and function independently. Many people with Asperger Syndrome and related disorders are socially isolated even when they would prefer to have friends and be able to interact with others in a more typical manner. Many also struggle with employment, financial planning and other skills associated with independent living. Skills training in different areas can help people with Asperger Syndrome learn how to behave appropriately in a wide range of social situations, how to make friends, as well as how to create the structure in their lives that will help them to live healthier, more fulfilling lives.



Topic Selection

To create an effective client-driven group, initial interviews will be held with applicants to select group members that have similar goals.

With input from the group members, the group facilitators will develop appropriate programming that will be covered during the group sessions.

Specific skill development areas that may be covered in the group sessions:

- Understanding non-verbal cues and body language
- Dealing with frustration and anxiety
- Using conversation skills
- Building and maintaining friendships
- Dating and Employment skills
- Dealing with school and family demands

Applying for the Group

- 1) The applicant must be diagnosed with Asperger Syndrome or a related disorder (HFA, PDD-NOS).
- 2) To fill out an application, go to:
<http://www.asperger-manitoba.ca/>
News for any upcoming adult skills training group and a link to the application form will be under the *What's New* heading.
- 3) When the application form has been received, the applicant will be contacted by email to arrange for an initial interview.
- 4) The group facilitator will conduct the interview to determine the applicant's interests and assess how they would function in a group environment.
- 5) The interview questions will be open-ended, giving the applicant an opportunity to talk in detail about their strengths, areas of concern, and what they hope to gain from the group.
- 6) The members for the skills training group will be selected based on the best fit of applicants and their common goals.