**See what people are saying about the Asperger's Skill Building Network**

**From Previous Participants...**

- **Very fun and useful for real life interactions; life changing.**
  ~Emily (age 22)

- **I feel the program is a useful tool. It helped me grow as an individual.**
  ~John (age 29)

- **Very helpful, supportive, entertaining.**
  ~Phil (age 28)

- **Good to meet others and sort out some issues for those who struggle with Asperger's.**
  ~Justin (age 23)

- **Comprehensive package that allows people with a disability or problem such as Asperger's Syndrome the chance to gain constructive feedback about how they come across to others.**
  ~Tim (age 31)

- **Excellent lessons given; excellent feedback on how to better use social skills.**
  ~age 25

- **I feel that my social skills were greatly improved. I would recommend this program to others.**
  ~Alaina (age 23)

- **I have been working as a cashier (for 4 months) now! I have applied the skills that I learned from you guys from participating in the support group last year and it has really paid off.**
  ~Dan (age 21)

**From Family Members...**

- **I feel the program is great—very worthwhile. I also think my son values the lessons and the friends he has made.**
  ~Mother of 24-year-old

- **We think it is a unique program for an underserved group of young adults.**
  ~Parents of 25-year-old

- **There are no programs like it for the adults. We were happy to find it and for her ability to participate. She has a better understanding of her experiences and reactions to people and situations and thus, more coping skills to navigate her world. She is more self-confident and she has returned back into the world after retreating.**
  ~Mother of 23-year-old

- **The program was inclusive of all skills (she) needed. It taught social and business skills. It gave her practice. This was not available elsewhere, and (she) loved the program.**
  ~Mother of 22-year-old

- **Thank you again to everybody for the program all for the experiences that have tremendously added to (his) growth & adult transition, helping him grow toward his transition as a full-time residential student at college. . . . There are many other proud stories about his growth since being with everybody in Wayne.**
  ~Mother of 23-year-old

- **We found this to be a unique and valuable program. From the time our daughter was diagnosed in high school, we looked for a program but they were all for younger children. This has been an incredible experience for our daughter and she has grown through the course of the program. She is much more verbal and able to express her feelings and ideas. She has gained confidence in herself and is more self-aware. Relatives have remarked how she is much more willing to have conversations.**
  ~Parents of 23-year-old

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**A Typical Day at the Asperger’s Skill Building Network**

**10:00 AM Group Begins**

- **Group Check-in and Empathy Practice**
- **Break**
- **Stress Reduction Strategy**
- **Team Building Activity**
- **Didactic Instruction of the Skill**

**12:00 PM Lunch**

- **Stress Reduction Strategy**
- **Review Didactic Information**
- **Skill Practice Activities**

**Break**

- **Yoga Brain Break**
- **Skill Practice Activities**
- **Closing Circle**

**3:00 PM Group Ends**

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**For More Information Contact:**

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Fax: 973-720-2737
E-mail: dara.westler@yai.org

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**ASBN GROUPS RUN YEAR ROUND WITH ROLLING ADMISSIONS**

**Participants Attend Group 2 Days a Week, M/W or T/Th, From 10 AM to 3 PM**

**Groups are held in Wayne on the William Paterson University Campus, Parsippany Park Center in Lake Hiawatha, and Stonecrest Community Church in Warren**

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Participants of our first group put together this quilt to commemorate their experiences with the Asperger's Skill Building Network. Each participant created a quilt square to represent their journey, what they got out of participating in the program, and their plans for the future.

Since this quilt was made, these individuals have continued pursuing their goals. Some have gotten jobs, returned to or begun college/graduate school, earned their college/graduate degrees, begun dating, expanded their social world, moved out on their own, and much more.

Alumni of the program get together once a month to catch up, get and give each other support, and have fun.
**Asperger’s Skill Building Network**

**A Social Skills Instruction and Support Program for Adults with Asperger’s Syndrome**

**Skills & Topics Covered in Group**

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<th>How Do We Do It?</th>
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<td>Create and Maintain Meaningful Relationships</td>
<td>Acting Games</td>
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<td>Develop and Practice Social Skills</td>
<td>Performing in Skits</td>
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<td>Enhance Employability Skills</td>
<td>Role Playing</td>
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<td>Reduce Stress</td>
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<td>Build Confidence</td>
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<td>Get Out into the Community</td>
<td>Didactic Instruction</td>
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<td>Initiating, Maintaining, &amp; Joining Conversations</td>
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<td>Interviewing</td>
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<td>Making &amp; Keeping Friends</td>
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<td>Recognizing &amp; Interpreting Social Cues</td>
<td>Adults with social skills challenges similar to those of Asperger’s</td>
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<td>Dating &amp; Relationships</td>
<td>Young adults transitioning from H..</td>
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<td>Labeling &amp; Expressing Emotions</td>
<td><strong>Individuals may be funded through DDD of NJ, OPWDD of NY or privately, on a fee for service basis.</strong></td>
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