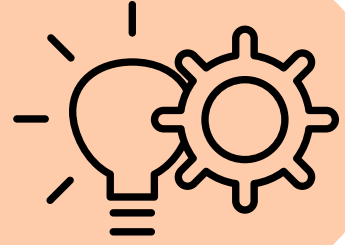


# SATURDAY/ SUNDAY

## DAY RESPITE

### 1. INTERACTION

Learn new skills like communication while interacting with others & making new friends.



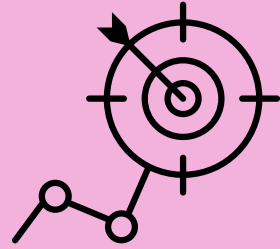
### 2. ADAPT & TRANSITION

Transition into a new program where activities are tailored to your needs, which will enable you to adapt to your changing environment.



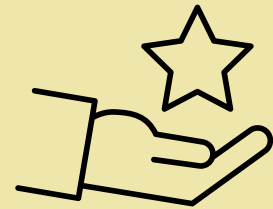
### 3. SOCIAL SKILLS

Become more social and be integrated into a fun group activity.



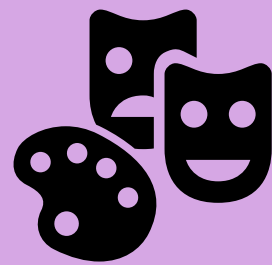
### 4. PROBLEM SOLVING

Join an on-going ASD group & work on problem-solving and coping strategies for when you need it the most.



### 5. DESIGN

Design something new, while learning a variety of employable skills you can use in other settings.



### 6. LEISURE

Enjoy fun group activities that will build motivation and self-esteem.



### 7. COOKING

Practicing cooking skills in a group while you prepare nutritious meals & independent skills to prepare your own meals.



### CONTACT US

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**Hours:**  
Saturday 10am- 3pm  
Sunday 10am- 3pm  
Extended Hours Available  
Fees will be determined after an intake into services

**“HELPING NEW SEEDS GROW”**