



foundation

chill.

for young adults on
the autism spectrum

Program focus

Conversations

- The rules
- Trading information
- Finding common interests
- Good questions to ask
- Are you listening?
- How to join & leave a conversation
- Body boundaries

- Voice volume & eye contact
- Group conversations
- Phone conversations

Handling Rejection

Dating

Empathy

Compliments

Social media/texting /messaging

Chill is a strength based social skills coaching program for young adults 18 plus on the autism spectrum. Chill is a ten-week program (one 2.5 hour workshop per week for ten weeks).

Supported by peer mentors, our interactive workshops use video illustration, peer demonstrations, role-play and social situation rehearsals. The program uses popular mediums of drama, music, film and social media to engage participants in a fun and creative experience.

Participants are streamed into workshops according to their current skills and capacity. Participant streaming maximizes the opportunity for our young adults to make connections with their peers during the program and establish new friendships.

The team

Our workshop leaders bring a wealth of experience using creative processes and sociodrama to coach and support young adults in social skills. They are also experts in drama and performance making Chill very engaging, motivating and fun!

Travelling on the Chill journey with your young adult is our fabulous team of trained peer mentors who provide individualised support and social modelling.

The benefits

- Establishing and developing new friendships
- Feeling less socially isolated
- Increased self-confidence
- Improved self-esteem
- Improved sense of identity
- Social independence
- Find your tribe
- Lots of fun!

The details

Dates 2022

Term 1

24 January – 1 April

Term 2

18 April – 24 June

Term 3

11 July – 16 September

Term 4

3 October – 9 December

Times

Mondays

(2 sessions available)
10:00am – 12:30pm or
2:00pm – 4:30pm

or Tuesdays

10:00am – 12:30pm

Venue

Chill Studio

29 Rogers Street West End
Q 4101

Cost

\$1,750.00 per term

To enrol

At enrolment each participant's strengths, needs and goals are identified and targeted as areas for focus and growth. During the term, progress is monitored and feedback is provided to each participant's family/carer through a comprehensive evaluation process.

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