

# The Kennedy Center's Autism Project Fall 2021 – Spring 2022



For more information: 203-332-4535 ext. 2356  
Amy Dingwall, MAT [adingwall@kennedyctr.org](mailto:adingwall@kennedyctr.org)

## Monday

**Time:** 4:00 – 5:00pm

**Zoom Dates:** Sept 13, Oct. 4 & 11, Nov 1 & 8, Jan. 10 & 24, Feb. 7 & 14, Mar. 7 & 14, Apr. 4 & 11, May 2 & 9.

**In-Person Dates:** Sept. 20, Oct. 18, Nov. 15, Jan. 31, Feb. 21, Mar. 21, Apr. 18, & May 16.

**Creative Connections**

**8 yrs +**

**Fee: Zoom \$90 In-person \$80 All \$165**

**Creative Connections** Over the next nine months, you are invited to join us on a creative journey as we explore a variety of art techniques, learn about different artists, and experiment with new materials. This group is led by Jen Narcisco, an Expressive Arts Therapist at The Kennedy Center. We will be creating art via Zoom, and in-person, with information on what to expect each week.

## Tuesday

**Time:** 6:00 – 7:00 pm

**Zoom Dates:** Sept. 28, Nov. 30, Jan. 25, Mar. 29, & May 24

**Parents Empowering Parents (PEP) Zoom Parents/Caregivers \*No Fee\***

**Parents Empowering Parents (PEP)** is a safe place for parents and caregivers to talk about their life caring for a child with Autism or other extra needs. This is a positive group where we share resources, talk about challenges and accomplishments, discuss advocacy, and support and empower each other. This group will meet five times via Zoom (every other month), with the potential for in-person meetings.

## Thursday

**Time:** 4:00- 5:00 pm (Zoom)

**4:00 – 5:30 (in-person)**

**Zoom Dates:** Oct. 14 & 28, Nov. 11

**In-person Dates:** Oct. 7 & 21, Nov. 4

**TOPS**

**18 – 21yrs.**

**Fee: \$50.00/semester**

**(TOPS) Transition Opportunities for Postsecondary Success** TOPS students are invited to join a unique Social Activity Group for individuals with High Functioning Autism who are considering college or employment. With the guidance of Fairfield University Faculty and Graduate Students, and Amy Dingwall, this group will meet remotely and in-person to work on topics related to the college age student. This Program will run for six consecutive weeks for Fall 2021...1 hour (Zoom) or 1.5 hours (in-person). Spring Session TBD

**Time:** 6:00pm – 7:00 pm

**Zoom Dates:** Sept 16, Oct 7 & 14, Nov 4 & 11, Jan 6 & 13, Feb 3 & 10, Mar 3 & 10, Apr 7 & 14, May 5 & 12

**In-person Dates:** Sept. 23, Oct. 21, Nov. 18, Jan. 20, Feb. 17, Mar. 17, Apr. 21 & May 19

**Hanging with Friends**

**18 +**

**Fee: Zoom \$120 in-person \$80 All \$200**

**Hanging with Friends** is a social group for young adults with Autism. This is a self-guided program, where the group decides the activities for the following week. We will meet via Zoom, in-person, and at different locations (ex. The beach, a restaurant, bowling, etc.). Hanging with Friends is led by Rayshonda, who holds a Graduate Certificate in Special Education Transition to Adulthood and is a Job Coach at CES.

## Saturday

**Time:** 9:30am – 10:30am (8-14)

**10:30 – 11:30am (15-20)**

**Zoom Dates:** Sept. 18, Oct. 2 & 16, Nov. 6 & 13, Jan. 8 & 22, Feb. 5 & 12, Mar. 5 & 12, Apr. 2 & 9, May 7 & 14

**In-Person Dates:** Sept. 25, Oct. 23, Nov. 20, Jan. 29, Feb. 26, Mar. 19, Apr. 23, & May 21

**Music Notes 8-14 & 15-20 yrs. Fee: Zoom \$120 In-person \$130 All \$250**

**Music Notes** is a program that introduces basic music skills to kids, teens and young adults with Autism and other extra needs. Each month, we will work on a different skill...learning to play a song, rhythm and melody, and improvising music using a keyboard and percussion instruments. Music Notes 1 (Age 8-14) 9:30am – 10:30am Music Notes 2 (Age 15-20) 10:30am – 11:30am.

**Time:** 10:30am – 11:30am

**Zoom Dates:** Sept. 18, Oct. 2 & 16, Nov. 6 & 13, Jan. 8 & 22, Feb. 5 & 12, Mar. 5 & 12, Apr. 2 & 9, May 7 & 14

**In-Person Dates:** Sept. 25, Oct. 23, Nov. 20, Jan. 29, Feb. 26, Mar. 19, Apr. 23, & May 21

**Move and Groove 8-14 yrs. Fee: Zoom \$120 In-person \$130 All \$250**

**Move and Groove** is an hour of dance, movement, and Yoga for kids and teens with Autism and other extra needs (Ages 8-14). This program is led by an Expressive Arts Facilitator and will be a hybrid of Zoom and In-person.

**Time:** 9:30 – 10:30

**Zoom Dates:** Sept. 18, Oct. 2 & 16, Nov. 6 & 13, Jan. 8 & 22, Feb. 5 & 12, Mar. 5 & 12, Apr. 2 & 9, May 7 & 14

**In-Person Dates:** Sept. 25, Oct. 23, Nov. 20, Jan. 29, Feb. 26, Mar. 19, Apr. 23, & May 21

**Jump and Jive 15-20 yrs. Fee: Zoom \$120 In-person \$130 All \$250**

**Jump and Jive** is an hour of dance, movement, and Yoga for teens and young adults with Autism and other extra needs (Ages 15-20). This program is led by an Expressive Arts Facilitator and will be a hybrid of Zoom and In-person.

**Time:** 11:30am – 12:30pm

**In-Person Dates:** Sept. 25, Oct. 23, Nov. 20, Jan. 29, Feb. 26, Mar. 19, Apr. 23, & May 21

**Among Friends Lunch Social 8-20 yrs. Fee: \$130 or \*No Fee (See Below)**

**Among Friends Lunch Social** is an in-person social group, once a month, for children and young adults with Autism and other extra needs. The purpose of this program is to get together, have lunch and socialize with each other, with the guidance of a Kennedy Center's behavioral/ABA staff. **\*as a special "Thank You", this program is free of charge for those who have signed up for Music Notes, Move & Groove or Jump & Jive, and want to stay the additional hour.**

# The Kennedy Center's Autism Project Sept 2021- May 2022 Registration

## Contact Information:

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Amy Dingwall, MAT [adingwall@kennedyctr.org](mailto:adingwall@kennedyctr.org)



**How to Register:** Please fill out the form below and send it to me [adingwall@kennedyctr.org](mailto:adingwall@kennedyctr.org) Payment can be sent to...  
The Kennedy Center, Inc,  
2440 Reservoir Ave.  
Trumbull CT 06611  
Attn: Mary Pat DeCarlo/Autism Project

**\*Preregistration required prior to the start of all programs, as well as the commitment to attend the program on the dates and program you have requested\***

**\*You can choose Zoom programs, in-person programs, or both for the full year or by session. Please contact Amy with any questions\***

**The Kennedy Center reserves the right to cancel or modify any program due to low enrollment, changes in health guidelines, or other circumstances out of our control. Thank you for understanding!**

## Participant Contact Information:

Child's name:

DOB:

Date:

Parent/Guardian:

Email:

Phone #:

Address:

Town/City:

Zip:

## Program Registration:

### Check all of the Program(s) you/your child will attend:

Creative Connections  Parents Empowering Parents  TOPS  Hanging with Friends  Music Notes   
Move and Groove  Jump & Jive  Among Friends Lunch Social

Zoom/In-Person Photo Consent: Yes  No

Vaccinated: Yes  No