



Fall 2021 Young Adult Groups

Our Fall Young Adult Groups provide supportive environments for adults ages 18-24 to build connections and gain independence.

Day	Group Name	Facilitator	Time	Location	Starts	Ends	No Group
Tuesday	Healthy Relationships	Amber	5:00pm-6:15pm	Ryther	9/28	12/7	11/23
Wednesday	Tabletop Games	Julie	4:00pm-5:15pm	Ryther	9/29	12/8	11/24
	Dinner Party	Julie	5:30pm-7:00pm	Ryther	9/29	12/8	11/24
Thursday	Online Hangout	Ben	7:00pm-8:30pm	Online - zoom	9/30	12/9	11/25

Group Descriptions:

Healthy Relationships Cap: 8 Participants	Technology requirements: Bring tablet or smartphone for occasional activities Participants meet on the first week to brainstorm topics that they'd like to see covered this season. Each week, group members will check in, engage in a discussion-based activity around the topic of the week, then transition to some fun hangout time. This group focuses on relationships, from platonic to romantic and most anything in between. As a group, we will gain better tools to identify ourselves, build community, and establish safety within ourselves and our relationships. Some topics include healthy dating , Sexuality : the when and where, and Boundaries : what is healthy and safe for all involved.
Tabletop Games Cap: 8 Participants	Tabletop Games are a fun way to connect on a Wednesday afternoon! We will have a variety of board and card games available, including classics like Uno and Sorry as well as many strategy games. Participants are welcome to bring games from home that they would like to share with and teach the group.
Dinner Party Cap: 8 Participants	Attendees of our Dinner Party group will prepare and eat a weekly meal together. This group is a great place to practice food preparation skills while sharing great company! Through dinner time conversation, we will get to know each other better and connect across shared interests. Note: Masks will be worn throughout dinner preparation, and dining will take place while socially distanced 6+ feet.
Online Hangout No Cap	Technology requirements: Ability to run zoom with a webcam Our online young adult group meets once per week via Zoom. It is a chance for young adults from the neurodiverse community to connect. The discussion portion of the group is a place to chat about favorite video games, movies and other shared topics. There is also a shared project to this group. Working together on a project empowers group members to socialize around a specific goal and can be a great way to build friendships. We also will be incorporating Jackbox party games to our online group, as an additional fun social activity.

Group Fees:

Healthy Relationships, Tabletop Games, Online Hangout	\$500 for a 10-week session
Dinner Party	\$550 for a 10-week session (dinner included)

We accept DDA Respite funds for this programming.

New participants should contact Julie Siegfried at JulieSi@ryther.org or info@aspiringyouth.net to schedule an Enrollment Meeting over Zoom.

COVID-19 Safety: These groups will adhere to all county, state, and federal guidelines set for group programming, including pod size, social distancing, mask wearing, and daily symptom checks.