

February 2011

The Adult Asperger's group is a social and support group affiliated with the Autism Society of the Greater Capital Region (ASA). The Autism Society's office is located in Schenectady, NY.

The group, named "Autistic's Aware" by its members, currently meets 2x per month in a community setting. We welcome individuals, ages 18 and over.

Outings and events rotate, one being a "discussion" session where the group will get together and support each other through question and answer as well as socializing. Some of these events have included coffee nights at Professor Java's in Colonie, and the viewing of the HBO film "Temple Grandin", followed by a discussion. The other outings will consist of community-based activities such as hikes, book stores, trips to the mall and sporting events. We typically call these our "fun" meetings. Members of our group can bring a friend, family member or counselor to spend time with us during activities.

In addition to our face-to-face meetings, the group has a Google group message board, where members can discuss topics and/or ideas for the group, or possibly ask an open-ended question about a personal situation they would like help with. We want all members to join this board, as it is our main way of communicating when not meeting as a group. Please see below:

<http://groups.google.com/group/autistics-aware/topics>

Autistics Aware is co-facilitated by 1 employee of the Autism Society, and 1 member of the group. There are also other group members who assist with the planning and implementation of group outings and activities.

There is no fee for membership in Autistics Aware, however, we strongly encourage all members and invitees of our outings to become members of the local Autism Society. The fee is nominal and most of the donation is used to fund ASA programs similar to ours. Lastly, members do not need a formal diagnoses of Asperger's to join.

For additional questions, please contact:

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