

EXPRESSIVE ARTS

So, what is Expressive Arts?

Expressive Arts gives young adults the opportunity to participate in several different art projects. These exercises are designed to help better manage anxiety and stress while increasing one's overall well being and sense of wonder.

ASD Adult
Achievement
Center



Empowering ASD Adults with Knowledge for Successful Living



Sessions:
Spring
Summer
Fall

ENROLLMENT INFORMATION

Expressive Arts may be appropriate for young adults with:

- High Functioning ASD
- Asperger's Syndrome
- PDD-NOS diagnosis
- Over 18 years old, graduated from high school
- Desire to interact with others in a group
- Motivated to manage anxiety
- Ability to self regulate disruptive behaviors



Register today!
asdachievement.org/register



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