



Supporting Parents.  
Fostering Change.

*Are you looking for more independence from your parents, but aren't sure where to start?*

*Do you have free time, but don't know how to meet someone and start a friendship?*

*Is it difficult to figure out how to interact with others on interviews and in the workplace?*

## So What Now?

This group is designed to help young adults practice the skills they need for the social world, a workplace environment, and independent living. There will be group discussion, social skill building, in-group practice, and cognitive behavioral therapy. Participants will begin to answer the question of "What do I do with myself now that I'm out of high school?"

Group members will develop skills for handling the day-to-day issues they experience in higher education, searching for and keeping a job, living independently, building friendships, and romantic relationships. This group will cover both the practical, such as how to prepare for a job interview, as well as the emotional, such as how to cope when the person you want to date isn't interested.

This group will meet once a week in the evenings and may be especially helpful for individuals aged 18-23 with Autism Spectrum Disorders (including Asperger Syndrome) or other Developmental Disabilities.



### Contact Us:

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