

Transition to Life

Individualized Course and Coaching

A Life/Work Readiness Program for Individuals with Asperger Syndrome and High Functioning Autism



Now being offered virtually by trained and experienced Transition to Life bilingual coaches throughout Ontario and beyond.

Includes: Practical Assignments - Interactive Tasks - Problem Solving Activities - Community- Based Activities - Social Activities - Goal Planning - Volunteer/Employment Support

Contact patricia@integratedautismconsulting.com for more information or visit www.integratedautismconsulting.com



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2 hours of one-to-one
teaching and
coaching weekly for
12 weeks

Course Content:

- Understanding your Diagnosis
- Transition from Secondary School to Life
- Assessment of Current Skills
- Emotional Regulation and Anxiety Reduction
- Social Understanding and Safety
- Healthy Relationships: Friendship and Sexuality
- Post Secondary Education
- Employment
- Self-Employment
- Independent Living
- Planning for the Future

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