



**Young Adult Club
Charleston Transitional Facility
Champaign Illinois**

The Young Adult Club (YAC) of Champaign County was created to provide organized recreation and social opportunities to individuals ages 14 and older with Autism Spectrum Disorders (You do not need to have a formal diagnosis to attend these events). These events are designed to improve social, friendship and relational skills, provide support to young adults who may be isolated from peers or have few opportunities for social interaction. There may be opportunities to discuss young adult issues such as independent living, interviewing for jobs, dating/relationships, relationships with co-workers, coping with job stress, and managing finances. The activities promote self-esteem through successful social interactions and help improve the young adult's ability to act positively and effectively with others.

Typically, there are two activities a month lasting between 2-4 hours. The dates change due to the availability of the activity and scheduling conflicts. Some of the recent activities include: Fun at the county fair, bowling, movies, holiday shopping, pottery decorating, video game nights, holiday theme parties, dinner out, practicing ordering from a menu appropriately, and learning how to budget, and going to plays, and many others. We also believe in community awareness. This last fall we participated in the Blues, Brews, and Barbeques festival by running carnival games through the evening! We also participated in the Champagne, Champagne Festival in Champaign, IL. This spring we will be helping out the Humane Society as another community project. We are always open to new ideas, so if there is anything specific you are interested in, or if you have any suggestions, please let us know. Transportation is the responsibility of each individual, although we do try to assist when possible and make event very well organized and accessible.

For more information contact the Young Adult Club Coordinator, Cathy Testory at 217-722-4482 or via email at cathytestory@ctfillinois.org.

If you would like to be a part of the Young Adult Club, we ask you to complete a membership form and include the \$25 membership fee.

www.ctfillinois.org