



Community Autism Resources

A place to start...A presence on your journey.

Community Autism Resources Adult Specific Services!

Mary Fox, our Adult Specialist works specifically with Adults (18+) with ASD.

The office is located at: 120 Main Street Bridgewater, MA.

You can reach Mary Fox at 508-807-4930 or mfox@community-autism-resources.com

Although the office is in Bridgewater, we service the entire Southeast Region of Massachusetts and Mary is happy to travel to a location closer to you or connect with you via zoom.

For adults with Autism Spectrum Disorders, we offer the following services:

- 1:1 support
- 1:1 clinics (a private appointment with one of our staff)
- ISP Review
- Interviewing Day Programs
- Resume Writing
- Job Interview Skills

The PEERS® Social skills group: This is a 16-week evidence-based social skills intervention for motivated young adults between 18-38 years of age who are interested in learning skills to make and keep friends and develop romantic relationships. This internationally acclaimed program was originally developed at UCLA by PEERS® Clinic Founding Director, Dr. Elizabeth Laugeson. During each group session, young adults are taught important social skills and are given the opportunity to practice these skills. Young adults must be socially motivated and attend each session with a social coach.

Participants will learn conversational skills, appropriate use of humor, handling direct and indirect bullying, handling arguments & disagreements, organizing get-togethers with friends, internet safety, dating skills and strategies for handling sexual pressure.

College Navigation Service This is a service to help college students navigate campus resources, social situations, and other challenges a student may be facing while attending college. This could include executive functioning challenges such as time management, scheduling classes, organizing class binders, different studying styles, or more. This service will typically be delivered on campus but may be accessed remotely as needed. The student will work with the college navigator to establish a scheduled meeting time and location.

Please note: *This is not tutoring or academic support.*

Courses Offered

- Introduction to Autism – Adult focused
- Sensory Issues and Behavioral Challenges for Adults with ASD
- Learning about Social and Communication Challenges for Adults with ASD
- Fostering Independence in Adults with ASD

We also offer Monthly Events & Programs – FREE – for Adults with ASD (18+)

During Covid we have been offering an online game night.

You can join us online every Friday night from 6-7pm for a fun hour of playing online games with friends.

Games will be hosted and moderated by CAR staff (either Mary Fox or Shannon Sousa).

In order to participate you must have a computer or tablet with internet to access Zoom.

These game nights are free, but registration is required and limited to 10 participants. You will receive an email confirming your registration.

If you have any questions, please email Mary Fox at mfox@community-autism-resources.com

In person Adult Events and Programs have included

- Bowling & Lunch at various locations including Kingston & Mashpee
- Battleground games ~ Abington.
- Sing, Explore, Create Rockland.

- Brockton Rox Baseball Game ~ Brockton
- Paint night at My Art and Soul ~ East Bridgewater.
- 4 week art class at Just Claying Around ~ Bridgewater, Ma
- Corn maze & Hay Rides various locations
- Tour WWII ships and the maritime museum at Battleship Cove ~ Fall River
- Drums Alive, Abilities Rec ~ Kingston, Ma
- Escape the Mystery Room & Lunch ~ Kingston, Ma.
- 4 week Baking Classes with Shannon ~ Pembroke
- Make your own bath salt soak at Bath Junkies ~ North Attleboro, MA.
- Old school video games & Lunch ~ Platinum City Gaming in Taunton
- Surfing & Yoga on the beach with Gnome Surf ~ Little Compton
- Providence Bruins Opening Night Game! ~ Providence

If you would like more information on our clinics, courses, referral lists, or lending library, please contact Mary Fox: MFox@community-autism-resources.com 774-381-7919