

LIFE SKILLS AND TRANSITION

At Commonwealth Autism we support individuals with autism and related developmental disabilities and mental health needs as they work to achieve and maintain autonomy in adulthood.

Our programs are aimed at bolstering teens to adults as they embrace growth and change. In each of our programs, we support independent living skills development through direct teaching, modeling, and shared problem-solving while emphasizing increasing autonomy.



Statewide - Virginia

information@commonwealthautism.org
commonwealthautism.org



Enabling Adolescents and Adults with Autism

commonwealthautism.org





OVERVIEW OF SERVICES AND PROGRAMS

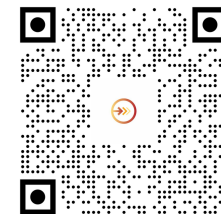
- On-Demand Skills Development Through Life Skills Learning Modules
- Information and Resource Support
- Virtual and In-Person Support Groups, Educational Trainings, and Social Events
- 1:1 Life Skills Coaching with Adolescent & Adult Programs Counselor, Virtual and In-Person

COSTS AND SCHOLARSHIPS

CA is a 501(c)3 Gold Rated Guidestar nonprofit organization. Some of our funding is provided through the state of Virginia and fundraising efforts. This allows us to keep our program costs low. We also provide financial needs based scholarships for qualified families. To learn more about our scholarships and the application process, please visit our website: commonwealthautism.org or email us for more information: information@commonwealthautism.org

LIFE SKILLS LEARNING MODULES

Our Learning Modules are a series of lessons on basic Life Skills. Individuals can work through modules in any order. Modules are appropriate for ages 12 and up and provide the learner with baseline information that is easily understood and allows for processing between slides. Time to complete each module ranges from 15 minutes to 45 minutes.



View Course Catalog

WORKSHOPS, SUPPORT GROUPS, TRAININGS AND OTHER EVENTS

Parent and Self-Advocate Support Groups and educational trainings are offered on a weekly and/or monthly schedule.

We also offer regular social events for program participants as well as monthly social events for the autism community. Registration for each of our events is handled through Eventbrite.



Register for a Training or Event

1:1 LIFE SKILLS COACHING

Preparing teens and adults to live independently doesn't have to be a struggle. With coaching and support from CA's dedicated program counselors, participants gain the skills to thrive and be independent. Learn more by visiting the Families and Individuals section on our website at CommonwealthAutism.org.

