

# Bridges to the Future:

An Innovative Social Skills Program for High School-Aged Youth with Autism Spectrum Disorder, Preparing for College, Jobs & Beyond

**\*\* Regional Center Vendedored \*\***



## Our Philosophy

Knowing what is expected of you, noticing how you are affecting others and adapting your actions/thoughts accordingly build a foundation for success and happiness.

## Purpose & Goals

Our Bridges to the Future social skills groups provide a 2-year training program specifically targeted to “transitioning” youth with Autism Spectrum Disorder. We teach the essential skills a young person will need to achieve success in college, careers, relationships and beyond.

Groups allow high school-aged youth to move through 7 modules in a step-wise progression, with each module building on previously acquired skills.

## Essential Skills for Social Success



# Program

Groups are designed to provide training and skill acquisition in 7 essential areas, which allow participants to gain independence and success in life beyond high school, such as college, obtaining/maintaining gainful employment and relationship development. The program consists of distinct, time-limited modules, each addressing one of the 7 essential social areas.

## 7-module curriculum

- ❖ Basic Social Skills – Expected & unexpected behaviors
- ❖ Theory of Mind – Thinking about you thinking about me
- ❖ Friendship Skills – How to find and keep friends
- ❖ Executive Functioning Skills – “The Mind that’s Mine”
- ❖ The Digital Age – To text/post or not to text/post
- ❖ Dating/Relationship – I like you, now what?
- ❖ College/Job/Life Prep – Putting it all together

Participants need to be fully verbal, on a diploma track, able to function independently in a group and be performing at or near grade level. They must have insight into their own challenges, a desire to learn and be able to set goals for their future.

If you are interested in having your child participate, call (626) 797-1500 for a brief screening.

2235 N. Lake Ave. Suite 201  
Altadena, California 91001  
Phone #: (626) 797-1500



Follow & Like us on  
Facebook!!

facebook

Visit our website at: [www.edspec.org](http://www.edspec.org)  
to see all the programs and services  
offered at Education Spectrum