Transition to Independence

For young adults, ages 17 - 21 on the autism spectrum, who reside in Manhattan

**Yoga & Mindfulness**
Mondays
Engage in calming physical and mental activities that promote movement, relaxation, self-awareness, stress reduction and socialization.

**Life Skills**
Wednesdays
Develop and enhance life skills that focus on judgement, decision making, risk-taking, problem-solving and self-advocacy. Group topics include money management, community safety, self-care, relationships, and more!

**Kitchen Skills**
Fridays
This course introduces cooking fundamentals like measuring, safety, and knife skills that are necessary in being able to prepare meals independently.

Groups available in the late afternoon and evening

For more information, please call:
YAI LINK at 212.273.6182 or email link@yai.org

Must meet NYC Department of Health and Mental Hygiene program criteria.
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YAI Seeing beyond disability.  
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