



Hussman Center for Adults with Autism Spring 2025 Programs

General information for all programs: If you have *never* attended a program at the Hussman Center or *have not attended in over 2 years* you are required to attend a Hussman Center Intake Meeting with the Hussman Center Staff. Sign up for an intake meeting here: <https://www.signupgenius.com/go/4090E48A4AB2CA4FB6-53994763-hussman>. Please proceed to complete the [program interest process](#) before your scheduled intake meeting.

All Hussman Center programs include interaction with Towson University students who are there to learn about autism by engaging with program participants. Participants need to be able to join program activities without assistance from a 1-1 support person. For advice about program selection, please contact us @ hcaa@towson.edu or call 410.704.7300.

Programs begin the week of February 17th. We will take a break for TU Spring Break (March 16th-22nd, as well as part of the local school system spring break (April 16th-22nd, We-Tu). Programs will conclude the week of May 5th. There are several day-time Wednesday programs that will meet on April 16th and will not meet on April 30th.

[CLICK TO FILL OUT THE PROGRAM INTEREST FORM](#) .

Please note that programs are not filled on a first come first-serve basis. Staff consider many factors when filling programs. We will do our best to get you a spot in your first or second choice. You will be notified by email by January 31st as to which program(s) has(have) room for you. You will be required to respond to that email by February 4th to confirm your program spot(s).

<u>Community Integration Programs:</u> These programs facilitate opportunities to engage in fun activities with Towson University undergraduate students who are participating in a diversity education course.	
Program Details	Program Description



<p>Fitness - Monday Program Facilitator: Doug DeHaan, M.Ed. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Monday Time: 2:45 – 4:15 PM</p> <p>Dates: February 17, 24 March 3, 10, 24, 31 April 7, 14, 21 May 5</p> <p>Program Fee: \$300 Location: IWB- Fitness Studio</p>	<p>Participants in this program will have the opportunity to socialize with peers while increasing motor skills, improving balance and coordination, increasing self-confidence and daily life skills and developing a stronger core and better trunk stability. Participants should be interested in getting a great workout. This is a beginner to intermediate level fitness class.</p>
<p>A Chance to Dance Program Facilitator: Kelly Zielinski, M.S. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Monday Time: 5:00- 6:30 PM</p> <p>Dates: February 17, 24 March 3, 10, 24, 31 April 7, 14, 21 May 5</p> <p>Program Fee: \$350 Location: IWB- Dance Studio</p>	<p>Participants take part in creative movement, movement games, do some free dancing together, and work in small groups and big groups to complete movement goals. The activities are designed to provide participants with a chance to express themselves in new ways, to improve motor coordination and sequencing, and to gain self-confidence while having an enjoyable time with others. Participants may have an opportunity to engage in an end-of program performance for their peers, friends and family.</p> <p>Note: music is played during this class.</p>
<p>Trivia Program Facilitator: Heather Hinson, BA Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Monday Time: 5:00- 6:30 PM</p> <p>Dates: February 17, 24 March 3, 10, 24, 31 April 7, 14, 21 May 5</p>	<p>This program provides participants with an opportunity to test their knowledge in a fun, friendly and semi-competitive environment. By engaging in team-based trivia activities together, participants will learn with their peers and learn about their peers. They will make decisions which benefit the group. Participants should have an interest in joining the trivia-based activities and socializing with others.</p>



<p>Program Fee: \$350 Location: Hussman Center</p>	
<p>Gaming Club Program Facilitator: Joshua Donaldson, M.S. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Tuesday Time: 6:00 - 7:30 PM February 18, 25 March 4, 11, 25 April 1, 8, 15, 29 May 6</p> <p>Program Fee: \$350 Location: Hussman Center</p>	<p>This program provides participants with an opportunity to build a sense of community with peers, strengthen interpersonal skills and deepen self-awareness. By engaging in board games, card games, video games, and other activities together, participants will also practice solving problems, learning with their peers and learning about their peers. They will make decisions which benefit the group. Participants should have an interest in joining the activities and socializing with others.</p>
<p>Art Club Program Facilitator: Kari Curtis, M.S. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Tuesday Time: 5:00 - 6:30 PM Dates: February 18, 25 March 4, 11, 25 April 1, 8, 15, 29 May 6</p> <p>Program Fee: \$380 Location: Hussman Center</p>	<p>Participants in this art program work on art projects to express themselves and connect with others. Projects might include watercolor; drawing; collage; or art made from found objects. The emphasis of the program is on artistic expression, sharing ideas, compromising, and creating an artistic space together. Participants may have the opportunity to share their creations in an end of program art show. No prior art experience necessary.</p>
<p>World Cuisines Program Facilitator: Doug DeHaan, M.Ed. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 12:30 PM - 2:30 PM Dates: February 19, 26 March 5, 12, 26 April 2, 9, 16*, 23 May 7 *This program will meet on April 16th and not meet on April 30th due to the TU Autism Summit scheduled for 4.30.25</p> <p>Program Fee: \$445 Location: Hussman Center</p>	<p>World Cuisines provides an opportunity for participants and TU students to plan for and cook or bake an item or two each week during the program. The group will focus on making items from different countries around the world and digging into their cultures as well. In addition, this program provides participants with opportunities to practice and demonstrate community living skills (such as executive functioning, self-determination, initiation and motivation). Participants will have the opportunity to demonstrate executive functioning and self-management skills in a comfortable environment by engaging in activities and meaningful discussions about wellness and other relevant topics.</p>



<p>Mindfulness & Movement Program Facilitator: MaryLiz Stout, MA, R-DMT Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 5:00-6:30PM</p> <p>Dates: February 19, 26 March 5, 12, 26 April 2, 9, 23, 30 May 7</p> <p>Program Fee: \$315 Location: IWB- Fitness Studio</p>	<p>Participants in this program will have the opportunity to focus on learning and using mindfulness practices within the group and applying them to situations in everyday life. Individuals will socialize with peers while increasing abilities in Pranayama yoga practices, emotional regulation, creative expression, etc.</p>
<p>Robotics Program Facilitator: Randy Holter, B.A. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 4:30 - 6:00 PM</p> <p>Dates: February 19, 26 March 5, 12, 26 April 2, 9, 23, 30 May 7</p> <p>Program Fee: \$315 Location: Hussman Center</p>	<p>Participants in this program will have the opportunity to work on building, coding, and completing challenges using Robots in a collaborative and fun learning environment.</p>
<p>Healthy Relationships Program Facilitator: Destiny Varnedoe, B.S. Program Supervisor: Brittany Bunch MSW</p> <p>Day: Wednesday Time: 5:30 - 7:00 PM</p> <p>Dates: February 19, 26 March 5, 12, 26 April 2, 9, 23, 30 May 7</p> <p>Program Fee: \$350 Location: Hussman Center</p>	<p>Participants work collaboratively to learn about relationships within various contexts to include effective communication, healthy conflict, establishing boundaries, the impact of substance use on relationships, navigating intimacy, and investing in self-care along the way through discussion and experiential activities.</p>
<p>Unified Sports- Basketball Program Facilitator: Connor O’Chuida Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday</p>	<p>This program is specifically designed as an opportunity for individuals to engage in Unified recreational activities both indoors and outdoors on the campus of Towson University. This group will specifically focus on</p>



<p>Time: 7:00-8:00PM Dates: February 12, 19, 26 March 5, 12, 26 *6 Week Program* *Begins 2.12.25*</p> <p>Program Fee: \$100 Location: Burdick Hall- ON CAMPUS</p>	<p>Basketball for 6 weeks. Participants must have an interest in practicing and playing Basketball.</p>
<p>Unified Sports- Flag Football Program Facilitator: Connor O’Chuida Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 7:00-8:00PM Dates: April 2, 9, 16, 23, 30 May 7 *6 Week Program* *Begins 4.2.25*</p> <p>Program Fee: \$100 Location: Burdick Field- ON CAMPUS</p>	<p>This program is specifically designed as an opportunity for individuals to engage in Unified recreational activities both indoors and outdoors on the campus of Towson University. This group will specifically focus on Flag Football for 6 weeks. Participants must have an interest in practicing and playing flag football.</p>
<p>Hunch for Lunch Program Facilitator: Doug DeHaan, M.Ed. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Thursday Time: 12:30 PM - 2:30 PM Dates: February 20, 27 March 6, 13, 27 April 3, 10, 24 May 1, 8</p> <p>Program Fee: \$445 Location: Hussman Center</p>	<p>Hunch for Lunch provides an opportunity for participants and TU students to plan for and cook or bake an item or two each week during the program. The group will focus on making items based upon the menu’s that autistic adults decide upon on a weekly basis. This program provides participants with opportunities to practice and demonstrate community living skills (such as executive functioning, self-determination, initiation and motivation). Participants will have the opportunity to demonstrate executive functioning and self-management skills in a comfortable environment by engaging in activities and meaningful discussions about wellness and other relevant topics.</p>



<p>Write and Act Program Facilitator: Max Hambleton Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Thursday Time: 3:00 - 4:30 PM Dates: February 20, 27 March 6, 13, 27 April 3, 10, 24 May 1, 8</p> <p>Program Fee: \$315 Location: Hussman Center</p>	<p>Acting group provides opportunity for participants to work on different scripts and acting techniques focusing on the 2 cornerstones of acting” Voice & Body, Emotional Life, Imagination, and Script Analysis. This course will provide an opportunity to improve feelings of anxiety and stress while you have fun becoming someone else.</p>
<p>Film Fanatics Program Facilitator: Ryan Permison, B.S. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Friday Time: 2:00-3:30 PM Dates: February 21, 28 March 7, 14, 28 April 4, 11, 25 May 2, 9</p> <p>Program Fee: \$315 Location: Hussman Center</p>	<p>Participants will embrace their passion for movies alongside other fellow film fanatics. Individuals will learn how to be a film critic in today's world since we have access to the internet that contains many sources on what movies are coming out or how to stream classic films. Participants will learn how to critique and analyze in a fair and respectful manner while also giving their honest opinion on the film's structure and other aspects. We will discuss movies we have enjoyed in the past and discover how we see them differently today.</p>

Clinical Collaboration Programs:

These programs are facilitated in collaboration with Towson University’s Occupational Therapy and Speech-Language Pathology departments. These programs provide an opportunity to have fun engaging with students in various activities while gaining skills necessary to live independently.



<p>Work Possibilities - Wednesday Program Facilitator: Matthew Burger OTD, OTR/L Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 9:00 – 11:00 AM Dates: February 19, 26 March 5, 12, 26 April 2, 9, 16* 23 May 7</p> <p>Program Fee: \$420 Locations: Hussman Center and Towson University Campus</p> <p>*This program will meet on April 16th and not meet on April 30th due to the TU Autism Summit scheduled for 4.30.35</p>	<p>The Work Possibilities program provides participants an opportunity to practice workplace social and communication skills while trying a rotation of jobs around the Towson University campus. While the Work Possibilities program does not provide vocational services, activities are designed to help individuals who are preparing to enter a vocational training program soon, who are actively looking for a job, or who have encountered challenges at work previously by strengthening readiness for training and employment. Some classes take place at the Hussman Center, and most work sites are located on the TU campus and nearby community. Participants are responsible for providing their own transportation to and from the Towson University campus and must be able to get to the various worksites independently.</p> <p>**A supplementary Anxiety reduction program entitled Balanced Minds will be offered the first 6 weeks of the program and will occur from 11:00AM-12:00PM. Your participation in the program is welcome yet optional. Please see information at bottom of this document about the Balanced Minds Workshop for Work Possibilities Participants.</p>
<p>Work Possibilities - Friday Program Facilitator: Matthew Burger OTD, OTR/L Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Friday Time: 12:30 – 2:30 PM Dates: February 21, 28 March 7, 14, 28 April 4, 11, 25 May 2, 9</p> <p>Program Fee: \$420 Locations: Hussman Center and Towson University Campus</p>	<p>The Work Possibilities program provides participants an opportunity to practice workplace social and communication skills while trying a rotation of jobs around the Towson University campus. While the Work Possibilities program does not provide vocational services, activities are designed to help individuals who are preparing to enter a vocational training program soon, who are actively looking for a job, or who have encountered challenges at work previously by strengthening readiness for training and employment. Some classes take place at the Hussman Center, and most work sites are located on the TU campus and nearby community. Participants are responsible for providing their own transportation to and from the Towson University campus and must be able to get to the various worksites independently.</p> <p>**A supplementary Anxiety reduction program entitled Balanced Minds will be offered the first 6 weeks and will occur from 2:30-3:30PM. Your participation in the program is welcome yet optional. Please see information at bottom of this document about the Balanced Minds Workshop for Work Possibilities Participants.</p>



<p>Cooking 1 Program Facilitator: Derek Piggot, MOT, OTR/L Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Tuesday Time: 5:30 – 7:30 PM</p> <p>Dates February 18, 25 March 4, 11, 25 April 1, 8, 15, 29 May 6</p> <p>Program Fee: \$445 Location: Hussman Center</p>	<p>This program provides the participants with opportunities to engage with one another in learning about the basics of the meal preparation process, including safety in the kitchen, planning for and making meals, clean-up, and food safety. Participants will have the opportunity to demonstrate executive functioning and self-management skills in a comfortable environment by engaging in activities and meaningful discussions about wellness and other relevant topics.</p>
<p>Cooking 2 Program Facilitator: Derek Piggot, MOT, OTR/L Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Thursday Time: 5:30 – 7:30 PM</p> <p>Dates: February 20, 27 March 6, 13, 27 April 3, 10, 24 May 1, 8</p> <p>Program Fee: \$445 Location: Hussman Center</p>	<p>This program focuses on intermediate level meal preparation. Through a variety of educational discussions and hands-on activities related to budgeting for meal prep, use of different cooking modalities/appliances, nutrition and wellness, and other related skills, participants will plan for and prepare a meal each week during the program. In addition, this program provides participants with opportunities to practice and demonstrate community living skills (such as executive functioning, self-determination, initiation and motivation) by choosing and preparing a meal (or a part of a meal) at home and discussing the experience during the program each week. To join this program, participants must have prior meal prep experience and be able to engage in meal prep at home with support as needed.</p>



<p>Multi Modal Conversations Program Facilitator: Carly Donnelly, M.Ed., CCC-SLP Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 2:00 – 3:30 PM Dates: February 19, 26 March 5, 12, 26 April 2, 9, 16, 23 May 7</p> <p>Program Fee: \$330 Location: Hussman Center</p>	<p>This group will include multi-modal conversations about special interests, led by training speech pathologists to best encourage others to self-advocate and communicate about what makes them unique. Participants should be interested in sharing their special interests and learning about the interests of others.</p> <p>*This program will meet on April 16th and not meet on April 30th due to the TU Autism Summit scheduled for 4.30.35</p>
<p>Cooking with Chef Manny Program Partners: Richcroft Inc. Program Facilitator: Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Friday Time: 11:00 – 1:00 PM Dates: February 21, 28 March 7, 14, 28 April 4, 11, 25 May 2, 9</p> <p>Program Fee: \$445 Location: Hussman Center</p>	<p>Cooking with Chef Manny provides an opportunity for participants and TU students to plan for and bake or cook different cuisines in collaboration with autistic adults from Richcroft Inc. In addition, this program provides participants with opportunities to practice and demonstrate community living skills (such as executive functioning, self-determination, initiation and motivation). Participants will have the opportunity to demonstrate executive functioning and self-management skills in a comfortable environment by engaging in activities and meaningful discussions about wellness and other relevant topics.</p>

Information about Balanced Minds Workshop for Work Possibilities Participants.

Balanced Minds: An Anxiety Reduction Program for Autistic Adults Navigating Employment

Date: February – April 2025

Day/Time: Wednesday 11am-12pm and Friday 2:30-3:30 pm

Location: TU work sites

Cost: Free as a supplement to Work Possibilities upon registration

Are you an autistic adult navigating the challenges of finding and maintaining work?

Join us for a comprehensive and interactive program designed to address the unique challenges autistic adults face in the workplace. Our sessions focus on practical, hands-on techniques to help you manage anxiety and succeed professionally.

The program focuses on workplace barriers that contribute to anxiety including:

- Masking: Learn about the impact of masking and strategies to reduce the stress of hiding your true self.
- Disclosure: Explore the pros and cons of disclosing your autism diagnosis and how to do so effectively.
- Social Interactions: Gain tools for navigating workplace relationships and managing social anxiety.
- Navigating Interviews: Develop techniques for managing the anxiety of job interviews and presenting your strengths.
- Sensory Challenges: Discover ways to manage sensory sensitivities in the workplace and create a supportive environment.

The program will include:



Hussman Center for
Adults with Autism

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- Role-Play Activities
- Group Discussions
- Sensory Activities
- Mindfulness Practices
- Educational Materials for Employers
- Resource Sharing