

How to Join

Please contact **Adrienne De Morais**,
ASteen Group Coordinator, for member-
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ASteen Social

Teens, Young Adults and Parents



ASteen Social

Operating since 2004

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For families in the Greater Sydney region



FAMILY INVOLVEMENT

One of the main reasons ASteen has had such success and is so effective is the Parental involvement. Parents attend the outings with their teens.

Occasionally siblings and family friends also attend the outings . As Asteen is not a professional “service”, responsibility for the teen/ young adult is carried by their family.

Commonly, the teens enjoy having their parents attend as it gives them a sense of security. Parent engagement with the ASteens is a major focus of ASteen for development of social skills. Also the parents enjoy the opportunity to socialise with others who are on a similar journey.

WILL IT HELP MY TEEN/YOUNG ADULT?

Over the years many ASteens have gained a lot of enjoyment from ASteen and have forged new friendships, as have their parents.

However, while there are many ASteens who are keen to make friends but lack the necessary skills, there are also those who prefer their own company. These young people might attend a few outings and decide that they really don't like group environments. Alternatively, it may just take time for them to move beyond their fear and anxiety.

HOW DO WE JOIN?

Prospective members attend an initial outing to assess if ASteen is suitable for their family. Please contact the Group Coordinator to start the process.

ABOUT ASTEEN

ASteen Social is a Sydney-based social group for families with teenagers and young adults diagnosed with Asperger's Syndrome | High Functioning Autism | Autism Spectrum Disorder Level 1 who have a degree of independence and are able to communicate and interact with others but experience difficulty engaging in mainstream situations.

Parents understand the benefit of frequent social engagement and the impact it has on future employment and fulfillment in life. ASteen provides that opportunity at an important stage of social development.

ASteen is coordinated by parents who arrange social outings providing the teens/young adults with the opportunity to socialise in a supportive environment and develop social skills and confidence. ASteen has given many young people a sense of belonging and the skills to make and keep friends. Many original members are now young adults and still enjoy the family outings.

OUTINGS AND COSTS

Outings are held over the wider Sydney region, and members come from all over Sydney. Families take turns to organise outings, which occur fortnightly/ monthly on weekends. Outings range from picnics, games nights, pool parties, history and museum trips, and movies through to putt-putt golf, ghost tours, and theatre visits.

Attendance varies, depending on the outing, the weather, the mood of the teens, etc. Families are flexible and understand if outings occasionally need to be cancelled or postponed.

The only cost is the cost of the outings, transport, parking, meals, etc..

COMMUNICATION

Members communicate regarding group activities via an email group.