



write

chill.

for young adults on
the autism spectrum

The benefits

- Self-expression through creative writing allows for each young adult to find their voice
- Growth in self-confidence and self-awareness
- Increases ability to change direction in thinking
- Improvement in executive functioning specifically flexible thinking, planning and implementing tasks
- Improved memory
- Sense of belonging and genuine inclusion in the Chill family environment (safe and respectful)
- Improves cognitive functioning
- Authentic sense of achievement and pride
- Increased social connections and friendships in a team-based environment

Creative writing & autism

Writing allows us to express ourselves, our thoughts, experiences, ideas and feelings and this medium is a fantastic vehicle for our young adults to express themselves. Creative writing is known to enhance our ability to change our patterns of thinking (when we need to).

Did you know that research has found creative writing to have a direct impact on neurological health particularly memory enhancement?

Our young adults view the world differently and through creative writing can express how they experience life, a gift for all of us!

Storytelling is at the heart of all human connection and at Code Blue whether it is Chill foundation, Chill plus or one of our other programs we are always scaffolding and supporting our Chillies to tell their story or recount an experience so that their voice is heard.

Like all Chill programs, this program will focus on the acquisition and transference of social skills in a creative and safe environment that is peer mentor driven.

You do not need to have a creative writing background or even any writing skill as such, just a desire to be creative and learn more about telling stories!

Pre-requisite

Engaged in or completed the Chill Foundation program.

The details

Dates 2022

Term 1

24 January – 1 April

Term 2

18 April – 24 June

Term 3

11 July – 16 September

Term 4

3 October – 9 December

Times

Fridays

2:00pm – 4:30pm

Venue

Chill Studio

29 Rogers Street
West End Q 4101

Cost

\$1,650.00 per term
(1:3 peer mentor support)

\$2,410.00 per term
(1:1 peer mentor support)

To enrol

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FOR AUTISM