

BE AUTHENTIC.

DISCOVER WHAT INDEPENDENCE
MEANS FOR YOU.

SAFETY

Feeling safe in everyday life matters, and true security comes from being accepted as you are. Explore what safety means for you in daily life, relationships and future possibilities..

GROWTH

Gaining independence can be both exciting and uncertain, and everyone experiences these feelings at some point. Defining your own goals ensures they align with who you truly are.

CONNECTION

You can stay true to yourself while building meaningful connections with others. The best relationships are healthy and safe. Discover what that looks like for you.

AUTISM CENTER OF NORTH MS



www.autismcenternms.com

susan@autismcenternms.com

(662) 840-0974

Ages: 17 – 30 years

Contact our office to learn
more about program eligibility

Building Life and Social skills Training

B.L.A.S.T.

Therapy Program



*"It takes courage to become
who you really are."*



COMMUNICATION

Develop social skills, build relationship skills, and practice active listening. Learn to manage emotions, resolve conflicts, and reduce stress with relaxation techniques for greater confidence and well-being.



TIME MANAGEMENT

Develop time management skills by creating daily schedules, prioritizing tasks, and breaking down larger goals into manageable steps to build independence and reduce overwhelm in daily life.



FINANCIAL PLANNING

Learn budgeting, expense tracking, and banking basics through hands-on experience and community activities to support financial independence for a more stable and dependable future.



HYGIENE & SAFETY

Learn daily hygiene strategies, nutrition options, and exercise regimens for healthier sleep routines. Develop safety techniques for cooking, navigating transportation, and internet browsing.



INDEPENDENT LIVING

Develop essential life skills in housekeeping, home maintenance, and self-advocacy. Build confidence in goal-setting and communication for navigating daily responsibilities and professional meetings.



CONNECTION

Learn social norms and build connections by exploring recreational activities and interest groups. Practice engaging in leadership opportunities to foster personal growth and community involvement.