Blue classes are suitable for individuals who:
• Are most successful with a high level of support
• Have difficulty following verbal directions with minimal prompting
• Initially requires a 1:1 caregiver (who will attend each class with the student)
• Need hand-over-hand assistance
• Have difficulty transitioning between activities without physical guidance
• Require any medication management or distribution
• Need restroom/toileting assistance
• May benefit from clear visual schedules/supports
• Need behavioral support for challenging behaviors such as tantrums, self-injury, disruption, or frequent vocal outbursts

Green classes are intended to be blend of blue and yellow classes.

Yellow classes are suitable for individuals who:
• Are most successful with a moderate level of support
• Can follow verbal instructions with minimal prompting
• May require a 1:1 caregiver at the discretion of staff
• Can transition between activities with minimal verbal prompting
• Can express basic wants and needs and respond in basic social settings through formal communication (vocal, device, sign language)
• Need minimal restroom assistance (verbal reminders)
• May benefit from visual schedules/supports
• May engage in some challenging behaviors such as mild disruption, mild self-injury, or infrequent vocal outbursts

Orange classes are intended to be blend of yellow and red classes.

Red classes are suitable for individuals who:
• Are most successful with a minimal level of support or are mostly independent
• Can follow verbal and/or written instructions with minimal prompting
• Do not require 1:1 caregiver
• Can transition between activities with little-to-no prompting
• Can express detailed wants and needs and carry on more detailed and complex conversations through formal communication (vocal, device, sign language)
• Do not require restroom assistance
• Do not require visual schedules/supports
• Exhibit little-to-no challenging behaviors

Gray classes are intended to be suitable for all students.
All 1 Hour In-Person Classes—COST: $300 per quarter or DDA Respite: 48 units/12 hours per quarter

All 1.5 Hour In-Person Classes—COST: $456 per quarter or DDA Respite: 72 units/18 hours per quarter

All 2.5 Hour In-Person Bowling Classes—COST: $378 per quarter or DDA Respite: 60 units/15 hours per quarter (6 weeks of class because of A & B alternating groups)

Music (Blue class): 1 hour, 8 Students Max
A fun and all-encompassing general music class. A range of activities will include singing, songwriting & music making, dancing, lyric discussions, and what it means to be in a music-connected community. This class is intended for students who are more successful in slower paced and higher support environments.

Music and Adaptive Skills (Blue class): 1 hour, 8 Students Max
This class will teach adaptive life skills using songs and music. This class is intended for students who are more successful in slower paced and higher support environments.

Social Skills Through Music (Blue Class): 1 Hour, 8 Students Max
In Social Skills Through Music, students will explore and participate in different music activities to further develop and practice their social skills with peers. We will discuss ways music can be a coping skill, how music may help us build friendships, and how music can be a way for us to express ourselves.

Blue Classes—Blue and Green Learning Environment

Green Classes—Blue, Green and Yellow Learning Environment

Clay Sculpture (Green class): 1 Hour, 8 Students Max
This art class will focus on creating 3-dimensional artwork. Students will work primarily in clay, paper maché, mosaic, air-dry, and polymer clay as well as other 3D sculpture materials. The class will also explore the process of creating ceramic artwork and be introduced to some clay hand-building techniques. This class will include a lot of tactile, sensory and hands-on work.

Disney Music (Green class): 1 Hour, 8 Students Max
In Disney Music Class, students will explore a wide variety of Disney themes and songs! We will watch Disney music videos, participate in Disney songwriting activities, and dance to some of our favorite Disney songs. We'll also be talking about some of the themes that are present in Disney music such as friendship, family, dreams and wishes, and heroes.

Life Skills (Green class): 1 Hour, 8 Students Max
Life Skills is designed to increase student knowledge and skills necessary for everyday living. The course emphasizes goal-setting, decision making, problem solving, communication, healthy lifestyles, nutrition, and personal safety. We will explore independent living, employment and other topics, and outline resources that students can use to make next steps towards their goals.

Music & Movement (Green class): 1 Hour, 8 Students Max
Our movement based music class will focus on exploring the many ways our bodies can move to music. We will learn and create dance moves, dance styles and the different types of music that accompany them, and move to upbeat warm-up music as well as calming/relaxing cool down music.

Painting (Green class): 1 Hour, 8 Students Max
This class will offer instruction in painting for any skill level. Students will have the opportunity to explore painting mediums using watercolors, acrylic, and gouache. This course will allow students to express themselves freely in paint and gain instruction in creating compelling compositions, color theory, and illustration skills.
### Yellow Classes— Green, Yellow and Orange Learning Environment

**Healthy Relationships (Yellow Class): 1 Hour, 8 Students Max**
Healthy relationships class is for students who want to build or improve on their romantic connections with others. We will be talking about all things dating, including anatomy, consent, different types of relationships and sex. The social skills we practice can apply to friendships as well. This class is highly structured, building upon new concepts each week.

**Job Skills (Yellow Class): 1 Hour, 8 Students Max**
This class will focus on improving our social skills, preparing for a future job, or becoming a better employee. We will discuss social skills needed for a job, getting a job, and appropriate and inappropriate work behavior.

### Orange Classes— Yellow, Orange and Red Learning Environment

**Clay Sculpture (Orange class): 1 Hour, 8 Students Max**
This art class will focus on creating 3-dimensional artwork. Students will work primarily in clay, paper maché, mosaic, air-dry, and polymer clay as well as other 3D sculpture materials. The class will also explore the process of creating ceramic artwork and be introduced to some clay hand-building techniques. This class will include a lot of tactile, sensory and hands-on.

**Comic Making (Orange Class): 1 Hour, 8 Students Max**
This class will introduce students to visual storytelling through illustration, brainstorming narratives, and book making. Students will learn about the different methods of comic making and through their own projects, practice using elements like scale, illustration, and text to create their own visually spectacular stories. Students are encouraged to learn from their favorite comic books.

**Disney Art & Games (Orange Class): 1 Hour, 8 Students Max**
Disney Art & Games is an opportunity for engagement and connection designed by the students based on their favorite movies and characters. Each week we will highlight a new Disney theme and explore it through games, conversations, virtual tours, music or art.

**Disney Music (Orange Class): 1 Hour, 8 Students Max**
In Disney Music Class, students will explore a wide variety of Disney themes and songs! We will watch Disney music videos, participate in Disney songwriting activities, and dance to some of our favorite Disney songs. We'll also be talking about some of the themes that are present in Disney music such as friendship, family, dreams and wishes, and heroes.

**Life Skills (Orange Class): 1 Hour, 8 Students Max**
Life Skills is designed to increase student knowledge and skills necessary for everyday living. The course emphasizes goal-setting, decision making, problem solving, communication, healthy lifestyles, nutrition, as well as personal safety. We will explore independent living, employment and other topics based on student goals utilizing online resources.

**Music (Orange Class): 1 Hour, 8 Students Max**
A fun and all-encompassing general music class. A range of activities will include singing, songwriting & music making, dancing, lyric discussions, and what it means to be in a music-connected community.

**Musical Theatre (Orange Class): 90 minutes, 8 Students Max**
In this class, students will have the opportunity to creatively express themselves by bringing together music, acting and movement to create a performance! Classes will include learning musical theatre songs, understanding characters and acting technique, and using our whole body and voice as instruments to communicate a story. Students will also learn social skills and social awareness through collaborative exercises, games and scene work! No previous experience necessary!

**Social Skills Through Music (Orange Class): 1 Hour, 8 Students Max**
In this class students will explore and participate in different music activities to further develop and practice their social skills with their peers. We will discuss ways music can be a coping skill, how music may help us build friendships, and how music can be a way for us to express ourselves.
Gaming (Red Class): 1 Hour, 8 Students Max
Experience the fun of socializing through gaming! This class will be a mixture of playing a variety of video and board games to connect with each other. Get ready for some FUN!

Healthy Relationships #1 (Red Class): 1 hour, 8 Students Max
Healthy relationships class is for students who want to build or improve on their romantic connections with others. We will be talking about all things dating, including anatomy, consent, different types of relationships and sex. The social skills we practice can apply to friendships as well. We will be focusing on what is healthy and what is unhealthy. This class is highly structured, building upon new concepts each week.

Healthy Relationships #2 (Red Class): 1 hour, 8 Students Max
This class is for students who have already taken Healthy Relationships #1. We will build on the topics we learned in Healthy Relationships #1 class, and dive into improving romantic connections with others. This class has a heavy emphasis on dating and will cover sexual topics. We will focus on what is healthy and what is unhealthy. This class is highly structured, building upon new concepts each week.

Job Skills (Red Class): 1 Hour, 8 Students Max
This class will focus on improving our social skills, preparing for a future job, or becoming a better employee. We will discuss social skills needed for a job, getting a job, and appropriate and inappropriate work behavior.

Painting (Red class): 1 Hour, 8 Students Max
This class will offer instruction in painting for any skill level. Students will have the opportunity to explore painting mediums using watercolors, acrylic, and gouache. This course will allow students to express themselves freely in paint and gain instruction in creating compelling compositions, color theory, and illustration skills.

Social Hour (Red class): 1 Hour, 8 Students Max
Practice getting to know your classmates in a fun and interactive way. This social skills class will focus on growing conversation skills, remembering details about other classmates, and deepening connections, camaraderie, and friendship with each other through games, activities, trivia, and practicing conversation.

Around the World: 1 Hour, 8 Students Max
Pack a suitcase full of your excitement and curiosity as we explore other countries and cultures across the world. Let’s learn about what other people wear, eat, how they greet each other, the music they dance to, the activities they do, and much more.

American Sign Language: 1 Hour, 8 Students Max
This class will introduce the basics of American Sign Language. Students will be encouraged to make signs and learn ASL words, the class will also explore ASL grammar, gestures, community, and storytelling. This class will include making signs and tactile elements with our hands, but students can engage with a combination of signs, gestures, and movement.

Bowling: 2.5 Hours, 12 Students Max, A & B groups alternating weeks for a total of 6 weeks of class
Location: Bowlero, Lynnwood - It’s where you make friends. It’s where you break records. It’s where you reconnect with old pals and create new memories. This inclusive bowling class will encourage physical activity, work to develop motor skills, teach sportsmanship and personal responsibility. No experience required, wheelchair accessible, ramps are provided. Students will be eager to experience this laid-back fun, lane side camaraderie, and lively competition!
Boxing: 1 Hour, 8 Students Max
Come train with a retired competitive boxer to learn, have fun, and get an amazing workout! This will be a fitness class that focuses on the sport of Boxing. Through these fun and adaptive techniques, we will not only work on improving physical movement, agility, and strength, but also explore how through Boxing, we can build community, friendships, and inner confidence.

Choir: 1 Hour, 8 Students Max
Our ABC choir is a space for anyone who loves to sing! Each week, we’ll warm up our voices with different vocal exercises, connect with one another through music, and practice singing a variety of songs together.

Coping Skills: 1 Hour, 8 Students Max
This class will explore a variety of coping skills that students can use to manage strong emotions, achieve wellness, and navigate stressful situations. We will explore different outlets (such as art, sensory soothing, and journaling) and build students’ confidence as they learn to solve problems in a creative and constructive manner.

Coping with Art: 1 Hour, 8 Students Max
This class will explore art and art techniques that can be used to support mental health and wellness. Students will explore how to use art as a positive diversion in moments of distress and how to integrate art and art making into their daily lives to enrich their communication, their esteem, and their sense of self. They will learn some specific art-based techniques to promote relaxation, mindfulness, emotion expression, and regulation.

Dancing with the Stars: 1 Hour, 8 Students Max
“Dancing with the Stars” class will be a fun new dance based class at the ABC this quarter! Each week students will be able to dance like the stars, aligning our themes with the TV shows themes. Whether it be ballroom, hip hop, Broadway or Disney, students will get the opportunity to explore various styles of dance each week.

Disney Art & Games: 1 Hour, 8 Students Max
Disney Art & Games is an opportunity for engagement and connection designed by the students based on their favorite movies and characters. Each week we will highlight a new Disney theme and explore it through games, conversations, virtual tours, music or art.

Disney Fitness: 1 Hour, 12 Students Max
Let go, let it go can’t hold the weakness anymore! Let it go, let it go, I’m going to have fun and it’ll show! In this class you’ll be able to jam your heart away with Disney songs, as we incorporate fun workout plans to get our bodies warmed up. Anything Disney related, we’ll find a way to make you feel unfrozen to beauty and the beast!

Diversity Club: 1 Hour, 8 Students Max
In this class students will explore different aspects of identity and diversity. Students will learn about current events and important movements in history. Students will engage in creative projects and activism and celebrate all aspects of diversity as they learn to become advocates for themselves and others. This is an inclusive class that will embody the Center’s RISE standards.

Drawing: 1 Hour, 10 Students Max
This class will offer students an opportunity to improve their drawing skills and learn about different drawing techniques. The class will look at things like Lines, Form, and Composition to fill out a drawing.

Fitness: 1 Hour, 8 Students Max
Fitness takes an adaptive movement approach to help students stretch, flex, dance, shake and move their bodies. Class activities include working to enhance strength and conditioning, hand-eye coordination, dynamic movement, and overall health and wellness. These classes are great for all fitness levels and abilities.
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<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Max Students</th>
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<tbody>
<tr>
<td><strong>Gaming:</strong> 1 Hour, 8 Students Max</td>
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<tr>
<td>Experience the fun of socializing through gaming! This class will be a mixture of playing a variety of video and board games to connect with each other. Get ready for some FUN!</td>
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<td><strong>High School Musical:</strong> 1 Hour, 8 Students Max</td>
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<td>This class is calling all Wildcat Fans! We will learn about all things High School Musical, including songs, dances, crafts and watching video clips.</td>
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<td><strong>Karaoke and Singalongs:</strong> 1.5 Hours, 8 Students Max</td>
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<td>Get ready to SING! Through live musical performances and lyric videos, sing along with your classmates to some of your favorite songs and even learn some new ones along the way.</td>
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<td><strong>Influence and Inspire:</strong> 1 Hour, 8 Students Max</td>
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<td>Become a part of a new project at ABC where we amplify student voices and perspectives in an engaging way on social media. As a class we will analyze what makes a good news story, plan out what kind of content we want to share on ABC social media, and culminate with collaboratively writing an article. Photo release encouraged but not required.</td>
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<td><strong>Mural Art:</strong> 1 Hour, 8 Students Max</td>
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<td>Mural Art will offer students a chance to explore the process and techniques for creating a mural or community art piece. Students will construct large-scale paintings, drawings, and collage to better understand how to compose and carry out a large-scale work. This class will also include lessons in collaborative and team-building skills to culminate in a final mural project for the ABC.</td>
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<td><strong>Music in the Movies:</strong> 1 Hour, 8 Students Max</td>
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<td>Students engage in activities, discussions, and listening to songs and soundtracks from popular movies, including music from Disney and other important films and beyond. Bring your favorites to share!</td>
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<tr>
<td><strong>Open Art Studio:</strong> 1.5 Hours, 10 Students Max</td>
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<td>This art class is intended for students with an interest in art and that can be independent in the art-making process. Participants will be able to work with a variety of art supplies and they will learn and explore a variety of media that can be used for creative expression.</td>
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<td><strong>Open Recreation:</strong> 1 Hour, 8 Students Max</td>
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<td>This class is an opportunity for engagement and connection designed by the students and their specialized interests. If you enjoy Sci-Fi Fan Club, Wizarding World, Museum Tours, Disney, Sports, Drawing or a wide variety of other hobbies then this class will be for you. Each week we will highlight a new interest and explore it through games, conversations, virtual tours, music or art.</td>
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<td><strong>Photography:</strong> 1 hour, 8 Students Max</td>
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<td>To help give students the fundamental skills of photography so that they can document the world around them and use it as a form of communication and expression. Teach basic camera function, instruct how to upload and share photos, Then dive into Composition/Value/ and other principals and theories of photography that allow students to think more critically about the images they are taking but to also allow creativity to blossom.</td>
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<td><strong>Pokémon:</strong> 1 Hour, 8 Students Max</td>
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<td>Practice getting to know your classmates in a fun and interactive way. This social skills class will focus on growing conversation skills, remembering details about other classmates, and deepening connections, camaraderie, and friendship with each other through games, activities, trivia, and practicing conversation.</td>
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<td><strong>Quilting:</strong> 1 Hour, 8 Students Max</td>
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<td>In this class, students will have the opportunity to work with fabric and make something beautiful and useful. Students will be making their own individual small quilts. We will be using sewing machines, but no prior sewing or quilting experience is needed.</td>
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Science: 1 Hour, 8 Students Max:
In this Science course students will explore the wonder of the natural world through interactive activities. Chemistry and physics concepts will be introduced through creative hands-on experiments and independent and group projects. This course will also encourage students to explore their scientific discoveries outside of the classroom through active scientific practice.

Scrapbooking: 1 Hour, 8 Students Max
Each student will create their own scrapbook. Students will use their own pictures, captions, description to share about a moment in time. We will use borders, backgrounds, and a handful of different materials to create a work of art. Scrapbooks will be bound at the end of the quarter.

Self-Care & Mindfulness: 1 Hour, 8 Students Max:
What is self-care and mindfulness, and how can it work for me? Come and learn about the basics of self-care and mindfulness as we explore taking care of ourselves, what is our self-esteem, and how to be a self-advocate.

Soccer: 1 Hour, 8 Students Max:
Soccer is an active sport and fitness class focused on having fun while learning soccer skills. We will practice balance and coordination, learn soccer drills and skills and play together as a team.

Social Hour: 1 Hour, 8 Students Max
Practice getting to know your classmates in a fun and interactive way. This social skills class will focus on growing conversation skills, remembering details about other classmates, and deepening connections, camaraderie, and friendship with each other through games, activities, trivia, and practicing conversation.

Song Writing: 1 Hour, 8 Students Max
This song writing group will explore and learn how to write an original song. We will look at the basic elements of song writing, and work together to write a hello song for our group to use each week, rewrite some famous songs, and create our very own song from scratch!

Theatre Set Design: 1 Hour, 8 Students Max
Theater set design will introduce students to methods used to create works of art for theater sets. The class will learn about the production of large-scale artwork, props, and costumes. Students will also have the chance to work collaboratively to create some large-scale set pieces.

Wizarding World: 1 Hour, 8 Students Max
Welcome to the Wizarding World! In this class we will dive into all things magic, Hogwarts and fantasy. This class will be student driven in its curriculum development. It will include discussion, games, activities, creative projects, and movie clips.

Yoga: 1 Hour, 8 Students Max:
In yoga, students will have the opportunity to stretch, breathe, and relax. Classes aim to be accessible for all abilities and we will explore many different kinds of yoga from chair yoga, to restorative yoga to more active styles. Students will have the opportunity to try their hand at leading the class through poses or yoga activities if they'd like to!

Zumba: 1 Hour, 12 Students Max:
Julie and Jill are back to get us moving to some of our favorite songs! Class activities include learning different styles of dance, following a routine, and dancing to improve coordination, mobility and health.
Around the World: 1 Hour, 15 Students Max Pack a suitcase full of your excitement and curiosity as we explore other countries and cultures across the world. Let’s learn about what other people wear, eat, how they greet each other, the music they dance to, the activities they do, and much more!

Coloring & Conversations: 1 Hour, 15 Students Max This class will be the best of both worlds, coloring and chatting with our friends! Coloring pages will be provided each week, but students are also welcome to bring their own.

Cooking Skills: 1 Hour, 10 Students Max Cooking class will focus on fundamental cooking skills and how they are used to make small snacks and meals.

Coping Skills: 1 Hour, 10 Students Max This class will explore a variety of coping skills that students can use to manage strong emotions, achieve wellness, and navigate stressful situations. We will explore different outlets (such as art, sensory soothing, and journaling) and build students’ confidence as they learn to solve problems in a creative and constructive manner.

Disney Fitness: 1 Hour, 15 Students Max In this class you’ll be able to jam your heart away with Disney songs, as we incorporate fun workout plans to get our bodies warmed up. Anything Disney related, we’ll find a way to make you feel unfrozen to beauty and the beast!

Drawing: 1 Hour, 15 Students Max This class will offer students an opportunity to improve their drawing skills and learn about different drawing techniques. The class will look at things like Lines, Form, and Composition to fill out a drawing.

Highschool Musical: 1 Hour, 15 Students Max This class is calling all Wildcat Fans! We will learn about all things High School Musical, including songs, dances, crafts and watching video clips.

Music: 1 Hour, 15 Students Max A fun and all-encompassing general music class. A range of activities will include singing, songwriting & music making, dancing, lyric discussions, and what it means to be in a music-connected community.

Music in the Movies: 1 Hour, 15 Students Max Students engage in activities, discussions, and listening to songs and soundtracks from popular movies, including music from Disney and other important films and beyond. Bring your favorites to share!

Science: 1 Hour, 15 Students Max Students will explore the wonder of the natural world through interactive activities. Chemistry and physics concepts will be introduced through creative hands-on experiments and independent and group projects.

Social Skills Through Music: 1 Hour, 15 student max Students will explore different music activities to further develop and practice their social skills with their peers. We will discuss ways music can be a coping skill, how music may help us build friendships, and how music can be a way for us to express ourselves.

Spanish: 1 Hour, 15 Students Max Bienvenido! Students in this course will practice basic vocabulary, including numbers, colors and greetings. We will learn about Spanish music and culture, and have fun learning the Spanish language. This class will build on social skills through Spanish.

Yoga: 1 Hour, 10 Students Max In yoga, students will have the opportunity to stretch, breathe, and relax. Classes aim to be accessible for all abilities and we will explore many different kinds of yoga including chair yoga, restorative yoga and more active styles.

Zumba: 1 Hour, 15 Students Max Julie and Jill are back to get us moving to some of our favorite songs! Class activities include learning different styles of dance, following a routine, and dancing to improve coordination, mobility and health.
Alyssa Burnett Adult Life Center
Fall 2022 Specialized Services | September 26 - December 16

Specialized Habilitation

All Specialized Habilitation Sessions: COST: $600 per quarter or DDA Aggregate Funding: 48 units/12 hours per quarter.

Specialized Habilitation services provide center, community, and virtual based support by helping students identify and achieve client driven goals. ABC is contracted to provide this service through a contract with DDA (Developmental Disabilities Administration). We are offering this new service line to all ABC families, including those who use private pay. These specialized sessions are different as they are intended to take place in a small group (4 clients or less) with intentional activities that work towards building or acquiring individualized skills. DDA has identified 5 overarching categories that client goals can fall under, and our ABC category offerings for Fall 2022 are:

Specialized Hab: Wednesday 10:00-11:00am (In-Person), 11:15am-12:15pm (Virtual), 3:00-4:00pm (In-Person)
Goal Category: Interpersonal Effectiveness and Effective Social Communication

Specialized Hab: Thursday, 1:45-2:45pm (In-Person)
Goal Category: Self Empowerment

Specialized Hab: Friday, 10:00-11:00am (Virtual)
Goal Category: Coping Strategies Regarding Everyday Life Challenges

If you are interested in using DDA Specialized Habilitation funding, please contact your DDA case manager for eligibility. A prior approval outlining goal areas and a current PCSP will be required to begin sessions.

PRISM Support Group

Prism is a free support group, which meets bi-weekly.

PRISM: Like the bright and varying colors of the rainbow refracted through a prism, the Alyssa Burnett Center’s students are vibrant and diverse. This bi-weekly virtual support group is a safe place for LGBTQ+ (lesbian, gay, bisexual transgender, queer, questioning and other nonconforming genders and sexualities) students to discuss their experiences, share stories, and ask questions.

We recognize that some LGBTQ+ individuals experience discrimination, prejudice, and bias. These experiences can have a negative impact on a person’s mental health. It is our hope that LGBTQ+ individuals find Prism to be a safe outlet for them to discuss these challenges and find community with their peers. We will discuss any challenges that the students wish to process; we will also celebrate our differences and our diversity. This is not a therapy group, but it is intended to be therapeutic in nature and students will have a safe space to discuss their experiences. We believe that connection with peers will improve the lives of our LGBTQ+ students. Together, we will RISE.