



## Hussman Center for Adults with Autism Fall 2026 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](#). 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](mailto:hcaa@towson.edu) or call 410.704.7300.

### [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 August 28<sup>th</sup> as to which program(s) has(have) room for you. You will be required to respond to that email by August 31st to confirm your program spot(s).

Programs this fall have a variety of durations(4, 6, 10 or 11 weeks), some with different start dates and some with different end dates to accommodate the variety of schedules. Please note the specific durations and dates in the chart below. If duration is not listed, 11 weeks is implied.

#### **Community Integration Programs:**

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 |
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| <p><b>Pickleball</b><br/>Program Facilitator: Joshua Donaldson, M.S.<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Monday</b><br/>Time: 6:00 - 7:00 PM<br/><b>Dates: September 14, 21, 28</b><br/><b>October 5, 12</b></p> <p><b>Program Fee: \$110</b><br/>Location: <b>Burdick Hall</b></p>                                                                        | <p>This program provides participants with an opportunity to engage in pickleball alongside TU students at Burdick Hall. Whether you're looking to learn how to play or an avid player, this is an opportunity for you.</p> <p><b>5 Week Program</b></p>                                                                                                                                                                  |
| <p><b>Craftsmanship</b><br/>Program Facilitator: Doug DeHaan, M.Ed.<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Monday</b><br/>Time: 10:00- 11:30 AM<br/><b>Dates:</b><br/><b>November 2, 16, 30</b><br/><b>December 7</b></p> <p><b>Program Fee: \$140</b><br/>Location: <b>Hussman Center</b></p>                                                                | <p>Craftsmanship offers us an opportunity to create with our hands and tools. It will also give us an opportunity to practice safety skills and construction skills. Participants will have the opportunity to demonstrate executive functioning and self-management skills in a comfortable environment by engaging in activities.</p> <p><b>*4 week program in November</b></p>                                         |
| <p><b>Employability Skills</b><br/>Program Facilitator: Kimberly Hubscher, BS<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Monday</b><br/>Time: 4:30 - 6:00 PM<br/><b>Dates: September 14, 21, 28</b><br/><b>October 5, 12, 19, 26</b><br/><b>November 2, 16, 30</b><br/><b>December 7</b></p> <p><b>Program Fee: \$400</b><br/>Location: <b>Hussman Center</b></p> | <p>This program is geared towards individuals who have some or no work experience, including potential past participation in the Hussman Center Work Possibilities group. Meeting in-person with Hussman Center work skills experts, you will learn skills and strategies to support your next steps on the work journey. Topics include self-determination, career exploration, and creating a career goal and plan.</p> |

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| <p><b>Art Club</b><br/>Program Facilitator: Kari Curtis, M.S.<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Tuesday</b><br/>Time: 4:30 – 6:00 PM</p> <p><b>Dates</b><br/><b>September 15, 22, 29</b><br/><b>October 6, 13, 20, 27</b><br/><b>November 3, 10, 17</b><br/><b>December 1</b></p> <p><b>Program Fee: \$425</b><br/>Location: <b>Hussman Center</b></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><b>Healthy Relationships</b><br/>Program Facilitator: Destiny Jones M.S.<br/>Program Supervisor: Brittany Bunch MSW</p> <p><b>Day: Tuesday</b><br/>Time: 5:00 – 6:30 PM</p> <p><b>September 15, 22, 29</b><br/><b>October 6, 13, 20, 27</b><br/><b>November 3, 10, 17</b><br/><b>December 1</b></p> <p><b>Program Fee: \$350</b><br/>Location: <b>Hussman Center</b></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><b>Cooking with Chef Manny</b><br/>Program Partners: Richcroft Inc.<br/>Program Facilitator: <b>Manny Robinson C.E.C</b><br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Wednesday</b><br/>Time: 11:00 AM– 12:30 PM</p> <p><b>Dates: September 16, 23, 30</b><br/><b>October 7, 14, 21, 28</b><br/><b>November 4, 18</b><br/><b>December 2, 9</b></p> <p><b>Program Fee: \$405</b><br/>Location: <b>Hussman Center</b></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> |

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| <p><b>Recreational Activities</b><br/>Program Facilitator: Doug DeHaan, M.Ed.<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Wednesday</b><br/>Time: 2:30 – 4:00 PM<br/><b>Dates:</b><br/><b>September 16, 23, 30</b><br/><b>October 7, 14, 21, 28</b><br/><b>November 4, 18</b><br/><b>December 2, 9</b></p> <p><b>Program Fee: \$390</b><br/>Location: IWB- Fitness Studio</p>      | <p>Participants in this program will engage in activities together. Activities may include Food and Beverage hobbies, Indoor Games and Puzzles, Fitness hobbies, basic construction hobbies and more. Participants should be prepared to express ideas for the group and participate in a variety of activities throughout the fall session.</p>                                                                                                                                                                 |
| <p><b>Dungeons &amp; Dragons</b><br/>Program Facilitator: Frank DiBeneditto, BA<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Wednesday</b><br/>Time: 6:00 - 7:30 PM<br/><b>Dates:</b><br/><b>September 16, 23, 30</b><br/><b>October 7, 14, 21, 28</b><br/><b>November 4, 11, 18</b><br/><b>December 2</b></p> <p><b>Program Fee: \$375</b><br/>Location: <b>Hussman Center</b></p> | <p>Participants will work collaboratively, embarking on quests to uncover the secrets of realms unknown. Filled with magic, fantasy, and puzzles, participants will play as unique characters where their decisions will determine the direction the story goes! All skill levels are welcome.</p>                                                                                                                                                                                                               |
| <p><b>Gaming</b><br/>Program Facilitator: Joshua Donaldson, M.S.<br/>Program Supervisor: Brittany Bunch, MSW<br/><b>10-Week Program</b></p> <p><b>Day: Wednesday</b><br/>Time: 6:00 - 7:30 PM<br/><b>Dates: September 16, 23, 30</b><br/><b>October 7, 14, 21, 28</b><br/><b>November 11, 18</b><br/><b>December 2</b><br/><b>Program Fee: \$355</b><br/>Location: <b>Hussman Center</b></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> |

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| <p><b>Yoga</b><br/>Program Facilitator: MaryLiz Stout, M.A.<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Wednesday</b><br/>Time: 6:00 - 7:30 PM<br/><b>Dates:</b><br/><b>October 28</b><br/><b>November 4, 11, 18</b><br/><b>December 2</b></p> <p><b>Program Fee: \$110</b><br/>Location: <b>Hussman Center</b></p>                                              | <p>This program provides participants with an opportunity to engage in Yoga and mindfulness activities led by certified yoga instructor.</p> <p><b>5 Week Program</b></p>                                                                                                                                                                                                                                                         |
| <p><b>Fitness</b><br/>Program Facilitator: Randy Holter, BA<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Wednesday</b><br/>Time: 4:30 – 6:00 PM<br/><b>Dates: September 16, 23, 30</b><br/><b>October 7, 14, 21, 28</b><br/><b>November 4, 18</b><br/><b>December 2, 9</b></p> <p><b>Program Fee: \$340</b><br/>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.</p>                                                                                                |
| <p><b>Trivia</b><br/>Program Facilitator: Heather Hinson, B.A.<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Thursday</b><br/>Time: 3:00 - 4:30 PM<br/><b>Dates:</b><br/><b>September 17, 24</b><br/><b>October 1, 8, 15, 22, 29</b><br/><b>November 5, 19</b><br/><b>December 3, 10</b></p> <p><b>Program Fee: \$ 385</b><br/>Location: <b>Hussman Center</b></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> |

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| <p><b>Baking with Abbye</b><br/>Program Facilitator: Abbye Daubach<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Thursday</b><br/>Time: 12:00 – 2:00 PM<br/><b>Dates: September 17, 24</b><br/><b>October 1, 8, 15, 22, 29</b><br/><b>November 5, 12, 19</b><br/><b>December 3</b></p> <p><b>Program Fee: \$510</b><br/><b>Location: Hussman Center</b></p>  | <p>This program will support participants with engaging in baking activities including knife skills, kitchen safety, teamwork, and more. Participants should be prepared to collaborate with team members to follow recipes and bake items throughout the semester.</p>                                                                                                                                                                                                                                                                                             |
| <p><b>Improv &amp; Acting</b><br/>Program Facilitator: Max Hambleton<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Thursday</b><br/>Time: 1:00 - 2:30 PM<br/><b>Dates: September 17, 24</b><br/><b>October 1, 8, 15, 22, 29</b><br/><b>November 5, 12, 19</b><br/><b>December 3</b></p> <p><b>Program Fee: \$385</b><br/><b>Location: Hussman Center</b></p> | <p>Acting group provides opportunity for participants to work on improvisation and scripted acting with a focus on technique and will help with confidence, creativity, and reading comprehension. This course will provide an opportunity to improve feelings of anxiety and stress while you have fun becoming someone else. Includes improv games, warmups, and techniques.</p>                                                                                                                                                                                  |
| <p><b>Dance</b><br/>Program Facilitator: Kendra Roy<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Thursday</b><br/>Time: 6:00 - 7:30 PM<br/><b>Dates: September 17, 24</b><br/><b>October 1, 8, 15, 22, 29</b><br/><b>November 5, 19</b><br/><b>December 3, 10</b></p> <p><b>Program Fee: \$410</b><br/><b>Location: Hussman Center</b></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.<br/>Note: music is played during this class.</p> |
| <p><b>Autism &amp; Disability Rights &amp; Advocacy</b><br/>Program Facilitator: Mary Rose Winters<br/>Program Supervisor: Brittany Bunch MSW</p> <p><b>Day: Friday</b><br/>Time: 1:00 - 2:30 PM</p> <p><b>Dates: September 18, 25</b></p>                                                                                                                                | <p>Participants will explore their rights as autistics or other disabilities and as adults through discussions, activities and other interactive learning modalities. Strategies for advocacy will be shared and individuals will be provided with natural opportunities to practice those strategies.</p>                                                                                                                                                                                                                                                          |

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| <p><b>October 2, 9, 16, 23, 30</b><br/><b>November 6, 20</b><br/><b>December 4, 11</b></p> <p><b>Program Fee: \$ 385</b><br/>Location: <b>Hussman Center</b></p>                                                                                                                                                                                                    | <p>Topics may include:<br/>Your right to be authentically yourself<br/>Your right to digital privacy<br/>Your rights in the workplace<br/>Your rights in a healthy relationships<br/>And more.</p>                                                                                                                                                                                                                  |
| <p><b>Unified Sports- Soccer</b><br/>Program Supervisor: Brittany Bunch, MSW<br/>*6 Week Program* *Begins <b>9.9.26*</b></p> <p><b>Day: Wednesday</b><br/>Time: 7:00-8:00PM<br/><b>Dates:</b><br/><b>September 9, 16, 23, 30</b><br/><b>October 7, 14</b></p> <p><b>Program Fee: \$135</b><br/>Location: <b>Burdick Field- ON CAMPUS</b></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 soccer for 6 weeks. Participants must have an interest in practicing and playing soccer with peers and TU students.</p> <p>Parking is free in Towsontown or Union Garages after 5PM</p> |
| <p><b>Unified Sports- Basketball</b><br/>Program Supervisor: Brittany Bunch, MSW<br/>*6 Week Program* *Begins <b>10.21.26*</b></p> <p><b>Day: Wednesday</b><br/>Time: 7:00-8:00PM<br/><b>Dates:</b><br/><b>October 21, 28</b><br/><b>November 4, 11, 18</b><br/><b>December 2</b></p> <p><b>Program Fee: \$135</b><br/>Location: <b>Burdick Hall- ON CAMPUS</b></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 basketball for 6 weeks. Participants must have an interest in practicing and playing basketball.</p> <p>Parking is free in Towsontown or Union Garages after 5PM</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.

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| <p><b>Women's Group</b><br/>Program Facilitator: Amalia Beltran, MS, OTR/L, CSRS<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Monday</b><br/>Time: 4:00 – 5:30 PM<br/><b>Dates:</b><br/><b>September 14, 21, 28</b><br/><b>October 5, 12, 19, 26</b><br/><b>November 2, 9, 16, 30</b></p> <p><b>Program Fee: \$385</b><br/>Location: <b>Hussman Center</b></p>                                                                                       | <p>Women's group provides participants an opportunity to build a sense of community with peers, while strengthening interpersonal skills and deepening self-awareness. By engaging in activities together, participants will also practice solving problems and making decisions. Participants should have an interest in joining the activities and socializing with others.</p>                                                                                                                                 |
| <p><b>Wellness Warriors - Monday &amp; Thursday</b><br/>Program Facilitator: Graduate Level OT Students<br/>Program Supervisor: Derek Piggot, MOT, OTR/L &amp; Matthew Burger OTD, MS, OTR/L<br/><b>** 4 Weeks**</b></p> <p><b>Day: Monday</b><br/>Time: 4:00 – 5:30 PM<br/><b>Dates:</b><br/><b>November 2, 5, 9, 12, 16, 19, 30</b><br/><b>December 3</b></p> <p><b>Program Fee: \$240</b><br/>Locations: <b>Hussman Center</b> and Towson University Campus</p> | <p>Wellness Warriors will focus on the eight dimensions of health (emotional/mental, environmental, financial, intellectual, occupational, physical, spiritual, and social). This program will offer eight different sessions that include experiential and creative activities that incorporate social interaction and participation to support self-care and well-being.</p>                                                                                                                                    |
| <p><b>Self-Management</b><br/>Program Facilitator: Matthew Burger OTD, OTR/L<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Tuesday</b><br/>Time: 5:30 – 7:00 PM<br/><b>Dates:</b><br/><b>September 15, 22, 29</b><br/><b>October 6, 13, 20, 27</b><br/><b>November 3, 10, 17</b><br/><b>December 1</b></p> <p><b>Program Fee: \$ 410</b><br/>Locations: <b>Hussman Center</b></p>                                                                     | <p>This program will support participants with managing their self-confidence and self-esteem across different areas of life. We will use fun and playful activities combined with structured group lessons and relaxation exercises to teach skills for living life with independence and less stress. We will explore common challenges, discuss potential vulnerabilities, and share suggestions and guidance related to managing feelings, emotions and behaviors when encountering difficult situations.</p> |

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| <p><b>Cooking Basics</b><br/>Program Facilitator: Derek Piggot, MOT, OTR/L<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Tuesday</b><br/>Time: 5:30 – 7:30 PM<br/><b>Dates</b><br/><b>September 15, 22, 29</b><br/><b>October 6, 13, 20, 27</b><br/><b>November 3, 10, 17</b><br/><b>December 1</b></p> <p><b>Program Fee: \$510</b><br/>Location: <b>Hussman Center</b></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. This program includes Occupational Therapy students.</p>                                                                                                                                                                                                                                                                                                     |
| <p><b>Enhanced Cooking Skills</b><br/>Program Facilitator: Derek Piggot, MOT, OTR/L<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Thursday</b><br/>Time: 5:30 – 7:30 PM<br/><b>Dates: September 17, 24</b><br/><b>October 1, 8, 15, 22, 29</b><br/><b>November 5, 12, 19</b><br/><b>December 3</b></p> <p><b>Program Fee: \$ 510</b><br/>Location: <b>Hussman Center</b></p>                                                                         | <p>Through 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. Participants will have 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. This program includes Occupational Therapy students.</p>                                                                                                                                                                                                                     |
| <p><b>Work Possibilities – Friday</b><br/>Program Facilitator: Matthew Burger OTD, OTR/L<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Friday</b><br/>Time: 12:30 – 2:30 PM<br/><b>Dates:</b><br/><b>September 18, 25</b><br/><b>October 2, 9, 16, 23, 30</b><br/><b>November 6, 13, 20</b><br/><b>December 4</b></p> <p><b>Program Fee: \$530</b><br/>Locations: <b>Hussman Center, Towson University Campus, and local Baltimore Community</b></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> |



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| <p><b>Creative Storytelling</b><br/>Program Facilitator: Carly Donnelly, M.Ed., CCC-SLP<br/>Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Wednesday</b><br/><b>Time: 2:00 – 3:30 PM</b><br/><b>Dates:</b><br/><b>September 16, 23, 30</b><br/><b>October 7, 14, 21, 28</b><br/><b>November 4, 11, 18</b><br/><b>December 2</b></p> <p><b>Program Fee: \$ 400</b><br/><b>Location: Hussman Center</b></p> | <p>Participants and TU speech-language pathology students will craft narratives through a variety of means including but not limited to blogs, oral storytelling, poetry, charades, newsletters and more. Participants come prepared to share their ideas, work both independently and in teams to create and share.</p> |
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