



Hussman Center for Adults with Autism **Spring 2026 Programs**

General information for all programs: If you have *never* attended a program at the Hussman Center *or have not attended since 2024* you are required to attend a Hussman Center Intake Meeting with the Hussman Center Staff. Sign up for an intake meeting here: [Information Meetings: Hussman Center Spring 2026 Intake Meeting](#) 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. If you need additional assistance for group participation, reach out to Doug at ddehaan@towson.edu for a conversation, then continue with the interest indication process below. For advice about program selection, please contact us @ 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 and/or second choice. You will be notified by email by January 28th as to which program(s) has(have) room for you. You will be required to respond to that email by January 30th to confirm your program spot(s).

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
<p>Gaming Club Program Facilitator: Joshua Donaldson, M.S. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Monday Time: 6:00 - 7:30 PM Dates: February 16, 23 March 2, 9, 23, 30 April 6, 13, 20, 27</p> <p>Program Fee: \$355 Location: Hussman Center</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>
<p>Movie Mania Program Facilitator: Ryan Permison, B.S. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Monday Time: 6:00 - 7:30 PM Dates: February 16, 23 March 2, 9, 23, 30 April 6, 13, 20, 27</p> <p>Program Fee: \$340 Location: Hussman Center</p>	<p>Participants will watch movies and films and learn how to be a film critic in today's world since we have access to the internet that contains many sources on what movies are coming out or how to stream classic films. Participants will engage in activities with one another related to film, learn how to critique and analyze in a fair and respectful manner, and give their honest opinion on the film's structure and other aspects. We will discuss movies we have enjoyed in the past and discover how we see them differently today.</p>
<p>Art Club Program Facilitator: Kari Curtis, M.S. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Tuesday Time: 5:00 – 6:30 PM Dates February 17, 24 March 3, 10, 24, 31 April 7, 14, 21, 28</p> <p>Program Fee: \$380 Location: Hussman Center</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>Healthy Relationships Program Facilitator: Destiny Jones M.S. Program Supervisor: Brittany Bunch MSW</p> <p>Day: Tuesday</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</p>

<p>Time: 5:00 – 6:30 PM</p> <p>Dates February 17, 24 March 3, 10, 24, 31 April 7, 14, 21, 28</p> <p>Program Fee: \$350 Location: Hussman Center</p>	<p>self-care along the way through discussion and experiential activities.</p>
<p>Cooking with Chef Manny Program Partners: Richcroft Inc. Program Facilitator: Manny Robinson, C.E.C. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 11:00AM – 1:00 PM</p> <p>Dates February 18, 25 March 4, 11, 25 April 1, 8, 15, 22, 29</p> <p>Program Fee: \$460 Location: Hussman Center</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>
<p>Bake a Cake & More Program Facilitator: Doug DeHaan M.Ed. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 2:00 – 4:00 PM</p> <p>Dates: February 18, 25 March 4, 11, 25 April 1, 8, 15, 22, 29</p> <p>Program Fee: \$460 Location: Hussman Center</p>	<p>This program will support participants with engaging in baking activities including knife skills, kitchen safety, and more. Participants should be prepared to collaborate with team members to follow recipes and bake items throughout the semester.</p>

<p>Activities Club Program Facilitator: Randy Holter, B.A. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 4:30 - 6:00 PM Dates: February 18, 25 March 4, 11, 25 April 1, 8, 15, 22, 29</p> <p>Program Fee: \$330 Location: Hussman Center</p>	<p>This program is specifically designed as a space for individuals to share their interests and build a sense of community with their peers. The participants will have opportunities to strengthen interpersonal skills and deepen self-awareness. By engaging in activities together such as board games, Robots, Trivia, and more, participants will also practice solving problems and making decisions. Participants should have an interest in joining in conversations, activities, and socializing with others.</p>
<p>Trivia Program Facilitator: Heather Hinson, B.A. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 5:30 – 7:00 PM Dates: February 18, 25 March 4, 11, 25 April 1, 8, 15, 22, 29</p> <p>Program Fee: \$340 Location: Hussman Center</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>
<p>Balanced Minds: Anxiety Reduction for Work & Employment Program Facilitator: Matthew Burger OTD, OTR/L Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Thursday Time: 1:00 – 2:30 PM Dates: February 19, 26 March 5, 12, 26 April 2, 9, 16, 23, 30</p> <p>Program Fee: \$360 Location: Hussman Center</p>	<p>This program focuses on practical, hands-on techniques to help you manage anxiety and succeed professionally. We will focus on workplace barriers that contribute to anxiety including:</p> <ul style="list-style-type: none"> • Masking: Learn about the impact of masking and strategies to reduce the stress of hiding your true self. • Disclosure: Explore the pros and cons of disclosing your autism diagnosis and how to do so effectively. • Social Interactions: Gain tools for navigating workplace relationships and managing social anxiety. • Navigating Interviews: Develop techniques for managing the anxiety of job interviews and presenting your strengths. • Sensory Challenges: Discover ways to manage sensory sensitivities in the workplace and create a supportive environment.
<p>Improv & Acting Program Facilitator: Max Hambleton</p>	<p>Acting group provides opportunity for participants to work on improvisation and scripted acting with a focus</p>

<p>Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Thursday Time: 1:00 - 2:30 PM Dates: February 19, 26 March 5, 12, 26 April 2, 9, 16, 23, 30</p> <p>Program Fee: \$340 Location: Hussman Center</p>	<p>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>Advanced Fitness – Thursday Program Facilitator: Doug DeHaan, M.Ed. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Thursday Time: 2:30 – 4:00 PM Dates: February 19, 26 March 5, 12, 26 April 2, 9, 16, 23, 30</p> <p>Program Fee: \$310 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. This is an advanced fitness class where you will be challenged to meet goals in strength conditioning and/or cardiovascular conditioning.</p>
<p>Dance Program Facilitator: Kendra Roy, B.A. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Thursday Time: 5:00- 6:30 PM Dates: February 19, 26 March 5, 12, 26 April 2, 9, 16, 23, 30</p> <p>Program Fee: \$355 Location: IWB- Dance Studio</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.</p> <p>Note: music is played during this class.</p>

<p>Introduction to Fitness Program Facilitator: Doug DeHaan, M.Ed Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Friday Time: 10:30AM – 12:00 PM Dates: February 20, 27 March 6, 13, 27 April 3, 10, 17, 24 May 1</p> <p>Program Fee: \$310 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. This is a beginner to intermediate level fitness class.</p>
<p>Unified Sports- Basketball Program Facilitator: Ryan Permison, B.A. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 7:00-8:00PM Dates: February 11, 18, 25 March 4, 11 *5 Week Program* **Begins 2.11.26*</p> <p>Program Fee: \$110 Location: Burdick Hall- ON CAMPUS</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 with peers and TU students.</p>
<p>Unified Sports- Flag Football Program Facilitator: Ryan Permison, B.A. Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 7:00-8:00PM Dates: April 1, 8, 15, 22, 29 May 6 *6 Week Program* **Begins 4.1.26*</p> <p>Program Fee: \$135 Location: Burdick Field- ON CAMPUS</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 Flag Football for 6 weeks. Participants must have an interest in practicing and playing flag football. Participants will follow Special Olympics Maryland guidelines related to use of protective equipment. (i.e. mouthguards)</p>

<p>Top Golf Program Facilitator: Doug DeHaan M.Ed.</p> <p>Day: Tuesday Time: 2:00-3:00PM</p> <p>Dates: March 31 April 7, 14, 21, 28 May 5 *6 Week Program* **Begins 3.31.26*</p> <p>Program Fee: \$135 Location: Top Golf Baltimore</p>	<p>This program is specifically designed as an opportunity for individuals to engage in a Golf series for 6 weeks. This will take place at Top Golf Baltimore and individuals are expected to provide or obtain their own transportation to and from that location.</p>
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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.

Work Possibilities - Monday

Program Facilitator: Matthew Burger OTD, OTR/L
Program Supervisor: Brittany Bunch, MSW

Day: Monday

Time: 12:30 – 2:30 PM

Dates:

February 16, 23

March 2, 9, 23, 30

April 6, 13, 20, 27

Program Fee: \$440

Locations: **Hussman Center** and Towson University Campus

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 and the Greater Baltimore Community. 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>Leisure Exploration - Monday Program Facilitator: Graduate Level OT Students Program Supervisor: Derek Piggot, MOT, OTR/L</p> <p>Day: Monday Time: 12:30 – 2:00 PM Dates: March 30 April 6, 13, 20, 27 ** 5 Weeks** Program Fee: FREE Locations: Hussman Center and Towson University Campus</p>	<p>The Leisure Exploration Program is designed to provide autistic adults with opportunities to discover, engage in, and enjoy meaningful leisure activities in a supportive and inclusive environment. This program emphasizes personal choice, creativity, and social connection while fostering skills that enhance quality of life. Based on participant interest, some activities may include, music exploration and appreciation, photography, gaming, and other leisure activities based on art, creative writing, mindfulness practices and outdoor recreation.</p>
<p>Paint and Sip Program Facilitator: Amalia Beltran, OTR/L CSRS Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Monday Time: 2:00 – 3:30 PM Dates: February 16, 23 March 2, 9, 23, 30 April 6, 13, 20, 27</p> <p>Program Fee: \$380 Location: Hussman Center</p>	<p>Paint and Sip group allows individuals to express themselves via painting and enjoy conversation in a relaxed environment with peers. Individuals will be encouraged to paint using different themes and goals throughout the semester. Non-Alcoholic drinks will be provided for individuals to consume throughout the duration of the program.</p>

<p>Leisure Exploration – Wednesday Program Facilitator: Graduate Level OT Students Program Supervisor: Matthew Burger OTD, OTR/L</p> <p>Day: Wednesday Time: 5:00 – 6:30 PM Dates: April 1, 8, 15, 22, 29 ** 5 Weeks**</p> <p>Program Fee: FREE Locations: Hussman Center and Towson University Campus</p>	<p>The Leisure Exploration Program is designed to provide autistic adults with opportunities to discover, engage in, and enjoy meaningful leisure activities in a supportive and inclusive environment. This program emphasizes personal choice, creativity, and social connection while fostering skills that enhance quality of life. Based on participant interest, some activities may include, music exploration and appreciation, photography, gaming, and other leisure activities based on art, creative writing, mindfulness practices and outdoor recreation.</p>
<p>Work Possibilities - Friday Program Facilitator: Matthew Burger OTD, OTR/L Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Friday Time: 12:30 – 2:30 PM Dates: February 20, 27 March 6, 13, 27 April 3, 10, 17, 24 May 1</p> <p>Program Fee: \$440 Locations: Hussman Center and Towson University Campus</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 and the Greater Baltimore Community. 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>
<p>Cooking 1 Program Facilitator: Derek Piggot, MOT, OTR/L Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Tuesday Time: 5:30 – 7:30 PM Dates February 17, 24 March 3, 10, 24, 31 April 7, 14, 21, 28</p> <p>Program Fee: \$460 Location: Hussman Center</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>Cooking 2 Program Facilitator: Derek Piggot, MOT, OTR/L Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Thursday Time: 5:30 – 7:30 PM Dates: February 19, 26 March 5, 12, 26 April 2, 9, 16, 23, 30</p> <p>Program Fee: \$460 Location: Hussman Center</p>	<p>This program focuses on intermediate level meal preparation. Through a variety of educational 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. In addition, this program provides participants with 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. To join this program, participants must have prior meal prep experience and be able to engage in meal prep at home with support as needed. This program includes Occupational Therapy students.</p>
<p>Express Yourself Program Facilitator: Carly Donnelly, M.Ed., CCC-SLP Program Supervisor: Brittany Bunch, MSW</p> <p>Day: Wednesday Time: 2:00 – 3:30 PM Dates: February 18, 25 March 4, 11, 25 April 1, 8, 15, 22, 29</p> <p>Program Fee: \$ 360 Location: Hussman Center</p>	<p>Participants and TU speech-language pathology students will craft narratives through a variety of means including but not limited to blogs, creative writing, storytelling, scrapbooking, charades, newsletter and more. Participants come prepared to share their ideas, work both independently and in teams to create and share. The group will seek to develop and share a culminating project or presentation with peers, family & friends.</p>