



Autism Support, Education & Resources

Rules for Adult Programs

Spectrum's Adult Programs are designed to provide a welcoming and supportive environment where participants can build meaningful friendships, develop communication and social skills, gain confidence, and connect with others in a positive and inclusive community. To help ensure every participant feels safe, respected, and valued, we ask everyone to follow the guidelines below. These expectations help create an enjoyable experience where everyone has the opportunity to learn, grow, and build lasting relationships.

1. Members will check in and out at each meeting with staff facilitators onsite.
2. Members will ensure pick-up and exit by scheduled time.
3. Members will try their best to be kind and friendly to others.
4. Members will voice their opinions, comments or concerns to either group leader at appropriate times.
5. Members will bring refreshments to share or money for activities as needed.
6. Members will be willing to try new things for the benefit of the group.
7. Members will not use cell phones/other devices during a meeting unless it is an emergency. (or to trade phone numbers or share information)
8. Members will not use foul or inappropriate language.
9. Members will not consume alcohol during group activities.
10. Members will not engage in self-injurious, destructive, threatening, or physically aggressive behavior.
11. Members will understand that failure to follow these guidelines may result in being asked not to attend future activities if it is determined to be in the best interest of the group.