

Courage Center

Services for
Autism Spectrum Disorders (ASD)
and Aspergers Syndrome (AS)



COURAGE
CENTER



Occupational, speech and physical therapy

- Therapeutic listening
- SOS feeding and eating
- Alert program
- Interactive metronome
- Motor gym
- Sensory tolerance
- Handwriting program
- Social skills class
- Alternative augmentative communication

Driver assessment & training

- Pre-driving classes for teens
- Driver assessment and training



Behavior management

- Neuropsychological assessments
- Individual and family counseling
- Functional assessment of behavioral issues
- Individualized behavior plan
- Working on-site (home, school, work) with the individual where behaviors occur
- Skills training for family and/or care staff on managing behaviors



Vocational services

- Job seeking skills
- Training in appropriate social interactions at school and work
- Education about employer expectations
- Access to assistive technology tools for school and work
- On-the-job training and support for employed individuals

Volunteer

- Service opportunities
- Gain hands-on experience



Camp

- Camp Discovery
- Family camp
- Teen sessions
- Forum on life

Sports & Recreation

Programs:

- Archery
- Martial arts
- Rock climbing
- Swim lessons and team
- Golf
- First LEGO Robotics teams
- Cycling
- Adolescent fitness club
- Sailing
- Leadership academy

Events:

- Dog sledding
- Arrowhead Youth Games
- Day on the water



Take a step!

Boost independence and self-confidence, meet others, get help to find a job, become involved and connect with your community.

Courage Center's experienced staff supports people of all ages with Autism Spectrum Disorders (ASD) and Aspergers Syndrome (AS) – and their families – succeed at home, at school, at work and in life.



Established in 1928, Courage Center offers comprehensive therapy, fitness and aquatics, community programs, sports and recreation, skill building classes and camping services.

For more Information

For more information call **763.520.0494**
or visit **www.CourageCenter.org/autism**.

Courage Center Locations

Courage Center Golden Valley

3915 Golden Valley Road
Minneapolis, Minnesota 55422
763.588.0811

Courage Center St. Croix

1460 Curve Crest Boulevard
Stillwater, Minnesota 55082
651.439.8283

Courage Center Burnsville

100 Cobblestone Lane
Burnsville, Minnesota 55337
952.898.5700

Courage Center Forest Lake

146 North Lake Street, Suite 100
Forest Lake, Minnesota 55025
651.464.5235

Courage Center Duluth

200 Ordean Building
424 West Superior Street
Duluth, Minnesota 55802
218.726.4762

(Sports and recreation only)

Courage Center Camps

8046 83rd Street NW
Maple Lake, Minnesota 55358
320.963.3121



**C O U R A G E
C E N T E R**

www.CourageCenter.org