



Puberty, Hygiene, & Health: For Boys

The transition into the teen years can be difficult and exciting for boys with autism spectrum disorders and their families. Let our experienced team teach and guide you through the process. These educational classes focus on what the child and parent should expect as boys become adolescents.

Online Class Dates:

Thursdays, June 1st, 15th, & 22nd

Time: 4:00-5:30pm

Cost of the 3-week course is \$100 per participant. Scholarships available upon request for families in need of financial assistance.

Payment is due on or before:

June 1st, 2023

* 48-hour cancellation notice will be provided by The Center if classes are rescheduled.

Registration is required.

To register, click [HERE](#). If you have questions, please call (949)267-0450 or email us wellness1@hs.uci.edu

For boys ages 10-14

Week 1: Puberty & Changes in Your Body

Focusing on understanding your body and how and why it's changing.

Week 2: Hygiene & Grooming

Importance of cleanliness, hygiene strategies, and shaving.

Week 3: Health & Respect

Overviewing physical, mental, and emotional health. Respect and boundaries.