

# Alyssa Burnett Adult Life Center

## About the Center

The Seattle Children's Alyssa Burnett Adult Life Center opened in April of 2014 to address the ever-growing needs of adults with autism spectrum disorder (ASD) and other developmental disabilities as they transition out of the education system and into adulthood.

The Alyssa Burnett Center (ABC) offers year-round classes, activities and events providing social, recreational, independent living skill-building and vocational training opportunities for adults 18 and older with developmental disabilities.

Classes are designed to offer meaningful opportunities for adults to build on strengths, increase confidence, promote independence and quality of life.

The center takes a person-centered approach and provides intentional instruction and adaptive curriculum for learners of all ability levels, including those who demonstrate challenging behaviors.

## About Our Classes

- **Social and recreational classes:** music, art, crafts, farming, robotics, gaming and pop culture, photography, rock band, and Disney
- **Health and wellness classes:** Zumba, adaptive PE, sports/fitness, and swimming
- **Independent living and life skills:** life skills, social skills, cooking, and baking

**Community-Based Activities:** Past outings include curling, laser tag, sailing, lunch on the Edmonds Ferry, Discovery Park trail hikes, Columbia Tower Tour, blueberry picking, Tulip Festival, the pumpkin patch and much more.

## Who Can Attend

- Adults age 18 or older.
- Individuals with Autism Spectrum Disorder (ASD), Down syndrome, cerebral palsy, intellectual disabilities or other developmental disabilities.
- Individuals who want to participate in an inclusive, vibrant and engaging community of peers with developmental disabilities.
- Learners of all abilities, from those who may require lifelong support, to those who are highly independent. We provide differing tiers of instruction, curriculum and supports across all classes.
- Individuals who require higher levels of support or supervision for everyday activities and adults who demonstrate challenging behaviors are welcome to attend, and may need to provide their own caregiver.

## Class Prices

Price per class varies based on class topic and duration, instructor, content and supplies needed. Class prices range from \$240-\$420 per 12-week quarter. Credit card, check and DDA Respite hours are all accepted forms of payment. We are also delighted to offer the Michael Slater Scholarship Fund, which provides scholarships to attend classes and outings.

## Questions?

Email: [alyssaburnettcenter@seattlechildrens.org](mailto:alyssaburnettcenter@seattlechildrens.org)

Call: (425) 488-6173

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