



January 2023 OCASG Activities

Monday, January 9 from 7:00 PM to 9:00 PM: OCASG Online – Conquering Emotions: Anxiety, Anger, and Depression with Dr. Alex Gantman. Join us as Psychologist and Autism Expert, Dr. Alex Gantman discusses Conquering Emotions: Anger, Anxiety, Depression.

To RSVP: [Click Here](#)

Saturday, January 14 from 9:30 AM to 11:00 AM: OCASG Toastmasters Gavel Club. Improve your public speaking, have fun and meet new people at our virtual Toastmasters Gavel Club Meeting. We have been running this club for ten years and are currently working with a professor from CSUF and her associate who have received an Organization for Autism Research (OAR) grant to learn about the effectiveness of Toastmasters for individuals on the Spectrum. This meeting will be held on ZOOM. Guests are welcome.

Watch a Video to Learn About the Gavel Club: [Click Here](#)

Read an Article on Gavel Club: [Click Here](#)

Read Toastmaster Magazine Article: [Click Here](#)

To RSVP: [Click Here](#)

Saturday, January 21 from 1:45 PM to 3:30 PM: OCASG Teen Bowling Outing. Attention Teens – Come have fun with other OCASG Teens as we go bowling at Irvine Lanes. The cost is \$25 per person and includes 1.5 hours of bowling, shoes, pizza, and soda. Participants must be associated with a dues-paying OCASG member. Parent Drop-off form required.

To RSVP: [Click Here](#)

Saturday, January 21 from 7:00 PM to 8:30 PM: OCASG Virtual Game Night for Adults. Let's have fun. Join us for a virtual game night led by our social coordinator Erin Alonso. (Members-only activity.)

To RSVP: [Click Here](#)

Monday, January 23 from 7:00 PM to 9:00 PM: OCASG Virtual Support Group Meeting. This meeting provides an opportunity to interact with other OCASG members about the challenges we are all facing as part of the ASD community. Know that we are here for each other. We have separate meetings for adults on the spectrum and parents.

Adults with ASD RSVP: [Click Here](#)

Parents RSVP: [Click Here](#)

Saturday, January 28 from 1:45 PM to 3:30 PM: OCASG Adult Bowling Outing. Attention Adults- Come have fun with other OCASG Adults as we go bowling at Irvine Lanes. The cost is \$25 per person and includes 1.5 hours of bowling, shoes, pizza, and soda. Participants must be associated with a dues-paying OCASG member.

To RSVP: [Click Here](#)

Saturday, January 28 from 7:00 PM to 8:30 PM: OCASG Virtual Game Night for Teens. Attention Teens - have fun. Join us for a virtual game night led by our social coordinator Erin Alonso. (Members-only activity.)

To RSVP: [Click Here](#)

Sunday, January 29 from 10:00 AM to 12:00 PM: Parent's "Ask the Expert" with Dr. Alex Gantman. Share concerns and get advice with Autism Expert, Dr. Alexander Gantman. There is a \$20 fee for members and \$30 fee for non-members. Note that we are offering our once a year special: sign up for all four session and get a free yearly membership in the OCASG. Please note that you must execute an OCASG Liability Waiver to receive the ZOOM information.

To Register: [Click Here](#)



Orange County Asperger's Support Group

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