



Connect. Grow. Thrive.

The Autism Project's adult programming is designed for autistic adults looking to build connections and create meaningful social experiences.

About Unity Community

Established in 2022, Unity Community offers a safe, supportive space where autistic adults can build meaningful connections, grow through engaging activities, and thrive as part of a welcoming community.

Connect With Us



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www.theautismproject.org



Our Vision

A community where all individuals feel respected, safe, and supported.

Our Values

- Respect for all abilities
- Person-centered support
- Empowerment
- Inclusion and belonging
- Dignity and compassion
- Growth and lifelong learning
- Community connection
- Collaboration



Activities & Supports

- Exercise program
- Yoga
- Games
- Cooking and baking
- Arts & crafts
- Gardening
- Daily life skills
- Job readiness skills
- Communication skills
- Structured activities
- Social interaction

Our Mission

Our mission is to empower autistic adults by creating an inclusive, person-centered environment that celebrates all abilities. Through individualized programs, we promote independence, personal growth, and meaningful community involvement, championing dignity, choice, and connection every step of the way.

