

Meet-n-Eat

— iCan House —

a club for adults who wish to practice their social skills, make new friends, & have fun

What is Meet-n-Eat?

Meet-n-Eat is a social group designed to meet the needs of **neurodivergent** individuals 18 and older who want to learn more about the social world and become more comfortable within it. The group offers like-minded persons the opportunity to meet others and make new friends. Each month, we offer five different social events, including a dinner with a social discussion, a night or day out in the community, a movie, a planning committee meeting, and much more!

What are the benefits of attending?

Each person benefits in their own unique way. iCan House provides a safe and welcoming atmosphere where individuals are accepted. Through participation, they can grow in self-esteem, which improves confidence in social settings in the real world.

By joining the club and becoming a member, the person experiences a sense of belonging and naturally makes friends with others in the group. iCan House also encourages members to socialize with each other outside of scheduled Meet-n-Eat gatherings. And whenever possible, iCan House staff provide feedback and coaching, fostering incidental learning and supporting members to develop deepening friendships along the way.

When does Meet-n-Eat take place?

Meet-n-Eat events take place in the evening hours on weeknights. The schedule changes monthly with a pattern to the calendar. At the beginning of each month, an email newsletter with event details and registration information is sent to members. Registration is required for each event, an important skill for the member to learn, allowing them to plan their social calendar. Weekly newsletters provide reminders and details for that week's activities.

How does one join Meet-n-Eat?

Call 336-723-0050 or email info@icanhouse.org to schedule a phone conversation and in-person meeting with our Admissions Specialist. We want to get to know each person individually and learn about their needs and interests.

Once accepted and invited to join the club, each member is responsible for transportation to and from the events.

There is a monthly membership fee to attend. Monthly membership allows the member to attend all regular Meet-N-Eat events each month. Our trained staff ensures an engaging experience where members have fun while learning skills.

We offer partial scholarships every three months, based on financial need. Scholarship applications are due quarterly.

What are the events?

Meet-n-Eat is comprised of a variety of activities such as those listed below.

- **Get Together**

Get Together Night centers around a dinner, accompanied by a discussion based on a social topic. While waiting for others to arrive and settle in, participants mingle and get to know each other alongside the group facilitators. After an icebreaker activity, a presentation of the evening's social topic includes meaningful conversation. The discussion is followed by dinner around a communal table where individual personalities shine. After dinner, individuals can play a game or simply engage in conversation allowing each person a way to be social.

- **Night Out**

The group meets at least once a month for social activity in the community. Locations and activities vary giving participants an opportunity to improve social skills in the real world, while surrounded by friends and trained staff. The group meets in various locations including a restaurant, skate rink, arcade, bowling alley, WS Dash baseball games, and much more!

- **Movie Night**

A casual night where members gather to watch a movie together. Every month at the Planning Committee the group selects a movie using a voting process. We meet at Camel City Playhouse where they can purchase popcorn and drinks while members enjoy the show together.

- **Hang Out Night**

Each month, Meet-n-Eat members gather for a special event such as game night, international night, relaxation night, weird food night, or other special events that they select.

- **Planning Committee Meeting**

Each month, members can attend the Planning Committee meeting during which iCan House staff facilitate a discussion about potential events and opportunities that they would like to experience. Through voting, they select events for the following month. Through this process, they learn to compromise and form a consensus. Staff then incorporate their choices into the following month's schedule.

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