

# WHAT EXACTLY IS iCan House?



## WHO...participates at iCan House?

iCan House participants experience difficulties with social interactions. Many are neurodiverse and may have autism spectrum disorder, ADHD, Dyslexia, dyscalculia, dysgraphia, sensory and processing differences, etc. However, many have no diagnosis at all. **A diagnosis is not required for participation in our programs. Programs are available for those 8 years and older, throughout adulthood.**

## WHAT...does iCan House do?

We educate, support, and enhance the lives of those with social challenges and their families. We provide training and education for community groups and organizations such as police, sheriff, first responders, businesses, and others.

## HOW...do we help our participants?

We teach social and life skills in small groups using a unique, interactive, and engaging curriculum. With our positive approach and strategies, members learn life, social, and independence skills, while experiencing a sense of belonging, developing a sense of purpose, and making friends.

## WHERE...do we do this?

iCan House programs are offered in person at locations with community partners including churches, Goodwill of NWNC, parks, and other nonprofits. Social events in the community allow members to learn and apply independence and life skills. Our administrative office is in a historic building on West Fourth Street in the West End of Winston-Salem.

## WHY...do we do this?

Those who are wired differently often experience bullying, isolation, debilitating fear, anxiety, and depression. Without help, problems worsen, putting them at risk of self-harm and possibly suicide. During puberty and the transition to adulthood they can experience even greater social difficulties, executive functioning challenges, and real-life dangers. They are vulnerable and at risk of victimization and violation. Unfortunately, many can become dependent on federal and state assistance and may even become homeless. Providing instruction in life, independence, and social skills with support enhances well-being, increases productivity, and prevents such negative outcomes.



## HOW YOU CAN BE A PART OF OUR COMMUNITY

### DONATE to iCan House to help us continue this good work.

As a registered 501(c)3 nonprofit organization, all donations and gifts are tax-deductible. 50% of our budget comes from donations and grants while the remaining 50% comes from program revenue. We have received grants from many foundations, churches, and businesses including Truist Foundation, The Winston-Salem Foundation, the Women's Fund of Winston-Salem, Knollwood Baptist Church, Highland Presbyterian Church, Goodwill of NWNC, and ECOLAB.

**BECOME A SPONSOR.** Various sponsor levels provide your business exposure on our website, mailings, and social media. Our fundraising events engage guests in multiple ways.

**TELL OTHERS about this positive progress and how we make a difference** in the community. We welcome you and your group to visit and see first-hand what we are doing.

**SCHEDULE us to speak at your school, civic club, or business for employee awareness and training.** We will create a presentation to meet your specific needs and audience.

**VOLUNTEER.** Volunteers help in many ways from assisting in clubs, planning events, participating in community gatherings, fundraising, and office support.

**DONATE IN-KIND SERVICES AND SUPPLIES.** We welcome help with services such as print, design, and tech support. For supplies, we accept office items such as paper products, copy paper, juice, snacks, and drinks.

## CHANCES ARE YOU KNOW SOMEONE who is NEURODIVERGENT

Neurodiversity is the range of differences in individual brain function and behavioral traits, which is regarded as part of normal variation in the human population. Based on different studies, between 15-20% of the population is neurodiverse — including up to 10% of people who are diagnosed with dyslexia, 5% diagnosed with attention deficit hyperactivity disorder (ADHD), and 1-2% with autism.

**Many who fall between the cracks can benefit from iCan House programs.**

**Call us. No referral and no diagnosis are required.**

At iCan House, we meet people where they are and build on strengths to develop skills. Parents are supported and learn strategies to help at home and at school. Send us a message to learn more.

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[iCanHouse.org](http://iCanHouse.org)



# *It's about what you CAN do!*

**iCan House provides an optimistic, transformational experience for neurodivergent individuals helping a misunderstood population learn how the world works, and how they can succeed within it.**

## **iCan House Programs**

### **iClub & iClub Jrs. - For children starting at age 8**

Curriculum-based, social interaction clubs that meet weekly, designed for elementary through middle school-aged children with social challenges. Members play games while learning social skills, and gaining confidence to become successful in the real world, all while having fun! Great opportunity to make friends in a safe and structured environment while being accepted and valued for their unique selves.

### **Real World Connections - For adolescents**

Curriculum-based, male and female interaction clubs designed for adolescents; meets weekly to discuss topics and situations encountered in the real world. Content is specifically designed to teach social, coping, and life skills in a casual, trusting environment. In addition to weekly meetings, members can attend co-ed social activities for fun while practicing the skills they're learning in group.

### **Independence in the Real World - For young adults**

Curriculum-based club for young adults who want to learn life skills to become less dependent on parents, guardians, and others while making friends and learning social skills. Topics include: benefits of independence; personal responsibility and organizational skills; understanding the work world; safety and being prepared; personal health and nutrition; maintaining your living space; and more.

### **Meet-n-Eat - For adults of all ages**

Adult social club for those 18+ looking to improve their social skills and meet new people. Members partake in multiple social activities each month including: hang-out night; game night; movie night; night out in the community; planning committee and more. Five events per month.

### **Let's Talk Neurodiversity - For parents & families**

Group for parents to talk about the ups and downs of parenting one who is neurodiverse and experiences the world differently. Facilitated by Kim Shufan, parent and founder of iCan House, along with Meaghan, a neurodivergent adult whose insights help us understand our children. Open to parents of any age child, including adult children. Meets twice a month.

### **Board of Directors**

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Melissa Waden MSW  
**Program Director**  
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**iClub Jrs.**



**Meet-n-Eat**

**952 West 4th Street, Suite 205, Winston Salem, NC 27101**

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**336-723-0050**

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iCan House is a registered 501(c)(3) nonprofit.

All donations are tax-deductible.