

We Can Do It!



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autism
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Autism Group for young women

For women/girls, 16-30 years on the
autistic spectrum

Resources for Autism are excited to be running this 8 week course aimed at young women, 16-30 years, with a diagnosis of Asperger Syndrome or High Functioning Autism.

Sessions will include workshops and discussions on topics such as:

- Confidence • Self-esteem/Self-Acceptance • Personal Safety • Relationships • Vulnerability • and more general discussions about how it feels to be a woman on the spectrum.

The group will be informal and relaxed with a chance to meet like minded individuals and share experiences in a safe and honest environment.

Age, location and dates will be confirmed once we have a group

(Please note that this is not a drop in group and members will have to be formally invited prior to the start of the group)

Cost: £5 per session

This is a pilot group and we are hoping to run more like this in 2018. Therefore, if you are, or know a woman with a diagnosis who does not quite meet the criteria please let Charlotte know what kind of group you would like.

With enough interest we can look at creating one to suit other needs.

Feel free to share this flyer with anyone you know who may be interested.

For more information about this group or any other Resources for Autism groups and services please contact: Charlotte on 0208 458 3259
charlotte@resourcesforautism.org.uk

Resources for Autism, 858 Finchley Road, London, NW11 6AB
Telephone: 020 8458 3259 Charity Number: 1061253

