



resources for
autism
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RICHMOND EVENING SOCIAL GROUP

For Adults aged 26+ yrs with
Autistic Spectrum Condition

Improve your confidence in social situations:

The Richmond Confidence Group is for people aged 26+yrs with an Autistic Spectrum Condition. Group members must live in the Borough of Richmond.

This is a friendly group where you can work on and practice social situations that you may find difficult

Activities include:

• **Current Affairs**•**Cheese and Wine Tasting**•**Board/Card Games**•**Film Nights**•**Speakers and Trips Out.**

Topics may include:

Body Language and Personal Space•**Stress & Anxiety Management**•**Coping with Change**•**First Dates**•**Empathy and Sympathy**•**Judgements & decision making**•**Money Management**•**Transitions**•**Online relationships- Staying safe**•**Assertiveness**•**Telling people about your AS**•**Time Management**•**Understanding emotions**•**Small talk**

The group is open to people who have Aspergers or High Functioning Autism and is held once every two weeks on Thursdays from 6.00pm until 8.00pm and is located at:

**Cross Way Centre
Richmond Road
East Twickenham
TW1 2PD**

If you have any questions about this group, please contact Charlotte on 07792 484196 or e-mail charlotte@resourcesforautism.org.uk.

