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autism
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M8Z ADULT SOCIAL GROUP

For adults aged 18-25
on the autistic spectrum

M8Z ADULT SOCIAL GROUP FOR ADULTS IN NORTH LONDON

M8Z is a social group for adults on the autistic spectrum and contains a mixture of men and women who are aged between 18 and 25 and live in the North London area.

Group members are supported to build upon their life, social and communicative skills through structured sessions with experienced RfA staff members. Peer engagement is facilitated and self-confidence levels boosted as topics such as 'What does it mean to be an adult?'; 'Learning to give my opinion' and 'Problem solving' are discussed as a group.

Group members are invited to take part in various activities, such as:

- Cooking •Art •Drama •Group Projects •Dance/movement •Listening to music
- 'Talking Topics' •Going on trips out in the local community

The group is held weekly on Monday evenings from 6.30pm - 8.30pm.

M8Z is based at:

North west Centre,
Avion Crescent,
Grahame Park Way,
Hendon,
London NW9 5QY.

Individuals with autism who are semi-independent are invited to attend this group - come along, meet friends, get creative and have fun!

If you are interested in attending M8Z or wish to discuss RfA's Adult Services, please the RfA Office on 020 8458 3259 or e-mail charlotte@resourcesforautism.org.uk