



resources for
autism
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EVENING SOCIAL GROUP

For adults aged 26+
with autism

The Evening Social Group based in Richmond for Adults with Autism aged 26+

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 • 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

Day: Thursdays
Time: 6.00-8.00pm (once every two weeks)
Ability Level: Independent adults who do not require a one to one worker, can travel independently and engage in discussion.
Location: East Twickenham TW1

There is a charge attached to all groups and subsidies are available for those on low income.

For more information or to discuss RfA's Adult Services, please contact the RfA Office on 020 8458 3259 or e-mail charlotte@resourcesforautism.org.uk.

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