



resources for
autism
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M8Z ADULT SOCIAL GROUP

For adults aged 18+ years with
autism

The M8Z Adult Social Group for adults with autism in North London

Group members are supported to build on their life, social and communicative skills through structured sessions. 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.

Activities include cooking, art, drama, group projects, dance/movement, listening to music, talking topics and going on trips out in the local community.

Day: Mondays
Time: 6.00pm-8.00pm
Ability Level: Semi-independent adults who do not require a one to one worker.
Location: 858 Finchley Road, NW11 6AB

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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