



## RfA M8z Group

### Key Information

**For:** Independent adults aged 18-25 years

**Where:** Barnet, NW11

**Time:** Mondays 6.30-8.30pm

**Group Specifics:** Biweekly outings (restaurants, bowling, local trips and more!) and in house sessions to explore life skills, social skills and self-identity.

**Cost:** £10

M8z is a social group for autistic adults. The group take part in weekly activities, and every other week the group chose a trip they want to go on such as restaurants, bowling or exhibitions around the local area.

All activities are co-produced but facilitated by our autism specialists to build independence and social inclusion.

For more information or if interested in joining contact

[amy@resourcesforautism.org.uk](mailto:amy@resourcesforautism.org.uk)

*"From the first session at RfA I was amazed [they] knew exactly how to work with me without any issues. This made me realise it wasn't me that was too much for staff, it just depended on the staff having the right training!" "The feeling of "being accepted" is priceless."*