



RfA Women's Virtual Group

Key Information

For: Independent adults aged 18 years plus

Where: Zoom.

Time: Wednesdays 4.30-6pm

Group Specifics Activities include: conversations and discussions.

Cost: £7 (£4 Subsidised for those on low income)

Our women's group is a friendly and supportive place where the group discuss what it feels like to be an autistic woman.

Expect strategies and advice, peer support and open and honest conversations about the female experience of autism.

For more information or if interested in joining contact
michael@resourcesforautism.org.uk

"I wanted to say thank you for leading this group. I still have social anxiety about it but it's getting better, and I actually find myself having a lot in common with the ladies."