



RfA Mentoring/Trips Adult Group

Key Information

For: Independent adults aged 18-25

Where: North London, N1

When: Thursdays, 6.30-8.30pm
From October 5th

Group Specifics: Mentoring sessions for wellbeing, personal development, group discussions and trips.

Cost: £10 (Subsidies available for those on low income)

For independent autistic adults wanting to create change in their life and who are motivated to understand themselves and how they wish to be in the world.

Lead by autism specialist staff, the group will take part in a combination of chosen trips and outings as well as autistic mindful self-reflection, exploration and goal setting.

"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."