



# RfA Mentoring and Trips Group

## Key Information

**For:** Semi-independent adults aged 18-25

**Where:** Barnet, NW11.

**Time:** Tuesdays 6-8pm

**Group Specifics:** Mentoring, cooking, quizzes, discussions on autism/identity, outings and more.

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

The fun group take part in a variety of mentoring activities to help work towards small goals and build self-understanding. They also take part in weekly activities such as cooking and creative expression. The group choose trips they want to go on such as restaurants, cinema and bowling around the local area.

For more information or if interested in joining contact [michael@resourcesforautism.org.uk](mailto:michael@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."*