



# Autism Wellbeing Support Group



**A wellbeing group for autistic young people  
ages 12-16 years**

**6.30 till 7.30pm**

On Zoom

Monday's 22nd March, 17th May, 21st June, 26th July, 16th August,  
27th September, 25th October, 15th November, 13th December 2021

The Autism Wellbeing group is open to young people age 12-16 years who have a diagnosis of ASC. This group is a wellbeing group for young people who would benefit from strategies around self care, emotional regulation, social communication.

The group provides an opportunity to make friends, develop strategies, and increase self-esteem and confidence.

**Cover topics including but not limited to:**

Understanding autism, anxiety and worry, friendships, conversations, personal safety, social media safety and many more!

*(Please contact us for a list of topics)*

**For more details about the Autism Wellbeing Support Group please contact the children's service:-Tel 07809 903852 or email [children@actionasd.org.uk](mailto:children@actionasd.org.uk)**

*All current groups take place on Zoom*