

UNDERSTANDING YOUR DIAGNOSIS

POST - DIAGNOSTIC SUPPORT SESSIONS

EVERY MONDAY, FOR 6 WEEKS
FROM 18th March 2019
1pm - 3pm

AT - THE AUTISM RESOURCE CENTRE (ARC)
BURNLEY

If you have been diagnosed with Autism / Aspergers /
High Functioning Autism, as an Adult,
it can take some time for you to come to terms with,
and to understand the condition.

The aims of these sessions are:
to provide you with an opportunity to learn about
Autism (AS),
to meet with other like minded people,
to build confidence,
and
to look at possible coping strategies.

TO BOOK A PLACE ON THESE SESSIONS
PLEASE CALL 01282 415 455 & select extension 2,
OR EMAIL adults@actionasd.org.uk



ACTION FOR AUTISTIC SPECTRUM DISORDERS

CHARITY NO. 1089341

Action for ASD,
Autism Resource Centre (ARC)
Suites 7 & 8 Kings Mill, Queen Street,
Harle Syke, Burnley,
Lancashire, BB10 2HX.
Tel: 01282 415 455

WEEK 1:

We aim to gain an understanding of some of the main characteristics of Autism (AS).

WEEK 2:

This session will explore thoughts and feelings around diagnosis.

WEEK 3:

Exploring sensory sensitivities and problems around these issues and looking at possible solutions and coping

WEEK 4:

We look at the positive aspects of being on the spectrum.

WEEK 5:

Socialising. Exploring experiences and difficulties.

WEEK 6:

Concluding session evaluation and signposting for what's next.