Autism Confident

in the Black Country

NHS

autism west midlands

8 SESSION COURSE



at a local venue or online via ZOOM

Adult and teenager (13-18) groups

NHS Black Country and West Birmingham Clinical Commissioning Group

Sessions in your local borough for all age groups and via Zoom for adults - Dudley, Sandwell, Walsall, Wolverhampton

An opportunity to learn more about autism in a small, supportive, group.

Share experiences and identify strategies that could help in your day-to-day life.

6 sessions and two one-to-one meetings with the group leader before and after the programme.

Understanding Autism
Social Communication
Sensory Awareness
Anxiety
Flexibility of Thought (adults)
Self-esteem and Self-image (teens)
Disclosure (adults)
Transitions, Change and the Future (teens)

To register or for more information please contact us:

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Phone 0121 450 7575