



Autism and Social Anxiety February 15th, 12:30 – 2pm

Social interactions are a common source of anxiety for many autistic adults.

This workshop will explore social anxiety and look at workable strategies for managing social situations to help autistic adults do the things they want and need to do.

1 Session February 15, 12.30- 2.00pm Reading Central Library

Enrol with us, free to join



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