



Compass  
RECOVERY COLLEGE

 **Reading**  
Borough Council  
Working better with you

# Self Esteem with Autism

## February 22<sup>nd</sup>, 12:30 – 2pm

This workshop will focus on self-esteem for autistic adults.

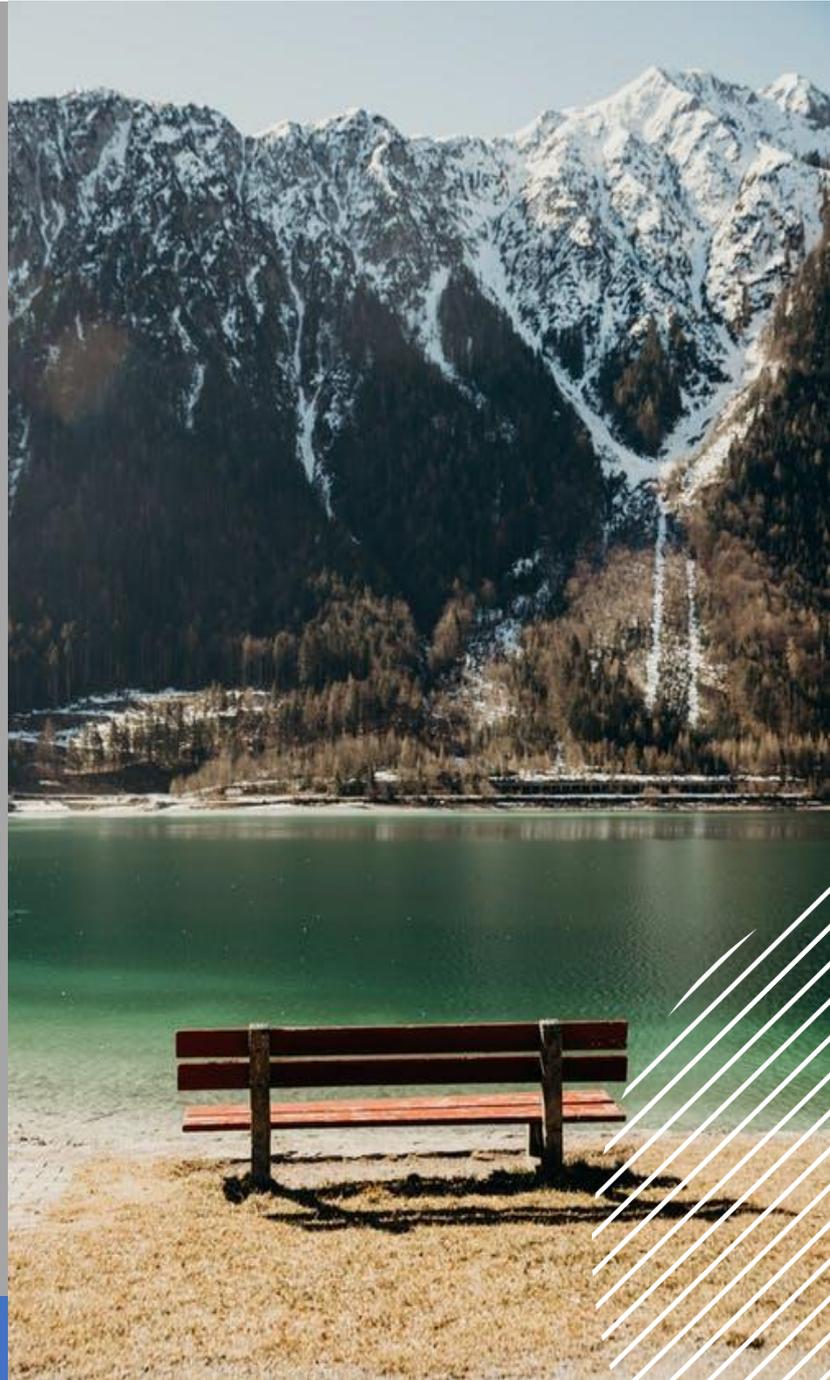
We will look at self-acceptance and self-identity, as well as exploring strategies for how to manage negative experiences or reactions from others, whilst identifying and acknowledging your strengths.

**1 session**

**Reading central library**

**12.30-2.00pm**

Enrol with us, free to join



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