



Supporting You to Support Autism

March 1st and 8th, 12:30 – 2pm

These workshops aim to support the family and carers of autistic adults in understanding ASD and support strategies for mental health and wellbeing.

We will explore:

- how autism presents and how this can be linked to mental health challenges.
- How you can meet your own mental health and wellbeing needs when supporting others.

2 Sessions

March 1 and 8, 12:30- 2.00pm

Reading Central Library

Enrol with us, free to join



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