



A TWO-PART ONLINE WORKSHOP FOR AUTISTIC ADULTS SEEKING TO UNDERSTAND & EMBRACE THEIR UNIQUE NEURODIVERGENCE WITH OTHERS

UNDERSTANDING YOUR AUTISM DIAGNOSIS

What is autism and how does it affect you?

Coping with later diagnosis

If, how and when to share your diagnosis with those around you

What autism specific support is out there?

Connect with others on similar journeys in a safe, inclusive space

For more information or to sign up contact us at
workshops@asmentoring.co.uk

or visit

www.asmentoring.co.uk

15 places only so please book in advance to confirm your attendance.

 **PART 1 - SATURDAY 28TH JUNE 2025 - 11 AM - 1PM**

 **PART 2 - WEDNESDAY 2ND JULY 2025 - 7PM - 8PM**

 **ONLINE VIA ZOOM**

 **£35 OR 1 HR OF EMPLOYMENT GRANT**

