

Teen Autism Confident

In Herefordshire and Worcestershire

A free online 5 week course about autism for autistic teens aged 13-17

autism
west midlands



**Herefordshire and
Worcestershire**

An opportunity for diagnosed and non diagnosed autistic teens to learn more about autism in small, supportive group sessions and a one-to-one meeting with an autism advisor.

Understanding
Autism

Sensory
Awareness

Anxiety

Happiness and
Wellbeing
(self esteem)

Social
Communication

Sessions starting this autumn

***Please note that**

places must be pre booked*

email to book a place

For more information, please visit

www.autismwestmidlands.org.uk

or email

herefandworcs@autismwestmidlands.org.uk