

We also deliver a similar course for parents/ carers who would like to develop their understanding



## POST DIAGNOSIS COURSES

We are a holistic support service for autistic adults combining therapies, training and support. We are based in Halton and can support anyone, diagnosed or not, aged 16+

We are led and informed by our Autistic Perspective Panel of autistic adults. We believe in facilitating their wishes and ideas to help support autistic adults in the way they want

## THE 6 WEEK COURSE

- **Delivered on Zoom**
- **Planned by our Specialist Teacher**
- **£100 for all 6 sessions!**

We know that receiving a diagnosis is only the beginning. We are here to support you with your next steps of understanding and accepting.

*"Since my adult diagnosis I have learnt so much more about myself and why I do what I do. The group are encouraged to also share and help which is great too"*  
(APP member)

## CONTACT US

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[www.theautismwellbeingproject.co.uk](http://www.theautismwellbeingproject.co.uk)

Informed by our  
Autistic Perspective Panel



Find us on 

## Course Content

Sensory Needs  
Executive Functioning  
Reasonable Adjustments  
Managing Emotions  
Self Care and Wellbeing  
Next Steps