

Autism Confident



in the Black Country

autism
west midlands

8
SESSION
COURSE

at a local
venue
or online
via
ZOOM

Adult
and
teenager
(13-18)
groups

NHS
Black Country and
West Birmingham
Clinical Commissioning Group



Sessions in your local borough for all age groups
and via Zoom for adults - Dudley, Sandwell,
Walsall, Wolverhampton

An opportunity to learn more about autism
in a small, supportive, group.

Share experiences and identify strategies that could
help in your day-to-day life.

6 sessions and two one-to-one meetings with the group leader before and after the programme.

Understanding Autism
Social Communication
Sensory Awareness

Anxiety
Flexibility of Thought (adults)
Self-esteem and Self-image (teens)

Disclosure (adults)
Transitions, Change and the
Future (teens)

To register or for more information please contact us:

Email blackcountry@autismwestmidlands.org.uk
Phone 0121 450 7575