

What's Different To Us Is Normal To You: 18th October - 25th October

Autistic Spectrum Disorder (ASD) is a developmental disorder that affects communication and behaviour.

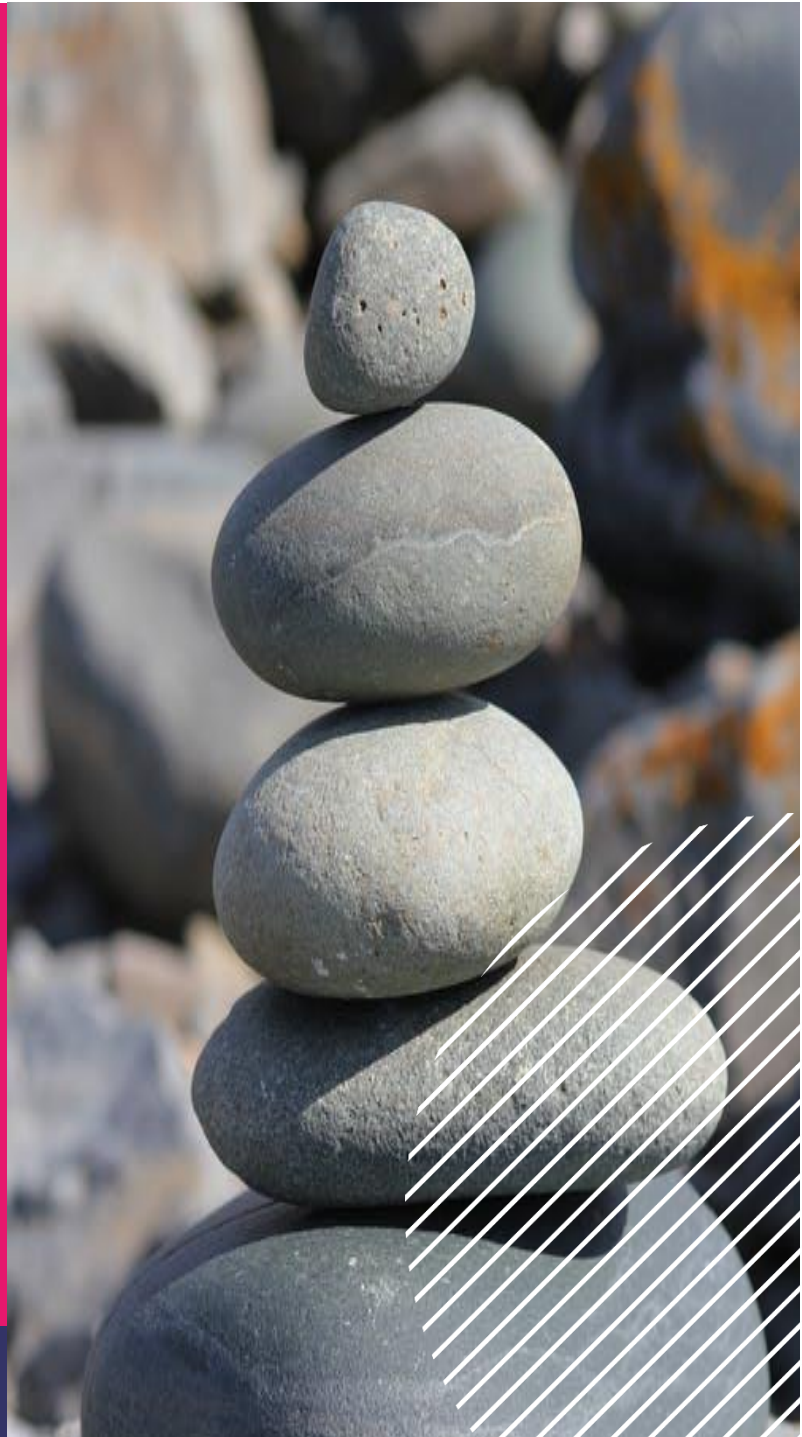
It is not a mental health condition, but it does affect how people experience and see the world.

ASD can make managing certain areas of our lives more difficult, such as becoming distressed when there are changes to routine or finding certain situations anxiety provoking.

These workshops will look at:
Ups, the downs and the positives of ASD,
from someone who lives with their diagnosis in their adult life.

2 weekly sessions
Starts 18th October
The Weller Centre
11.00 - 12.00

Enrol with us, free to join



0118 937 3945

compass.opportunities@reading.gov.uk