

# Autism Workshops

We offer monthly workshops and peer support, in partnership with CASPA, for people aged 16 and over with Autism and social and communication difficulties.

The workshops focus on supporting participants to explore practical solutions to a range of topics in a relaxed and non-judgemental environment.



## Topics covered include:

- Managing money and personal administration
- Welfare benefits
- Employment and training
- Physical and emotional health
- Relationships and more

**When:** Workshops run on the last Tuesday of every month from **12.30-2.30pm**

**Where:** The Meeting Room, Community House, South Street, Bromley, BR1 1RH

**Refreshments included**

## Workshop dates:

**25th February, 31st March, 28th April, 26th May, 30th June, 28th July, 25th August, 29th September, 27th October and 24th November**

For further information, please contact the Single Point of Access on 0300 330 9039 or email [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)

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