

Teens Autism Confident

in Herefordshire

A Free course about autism for autistic teens

An opportunity for diagnosed autistic teens to learn more about autism in small, supportive group sessions and 2 one-to-one meetings with an autism advisor before and after the programme.

Sessions starting
February 2024
Held locally in
Hereford for 13 - 17
year old's

autism
west midlands



E F BULMER
TRUST

Disclosure/
Transitions/
change and the
future

Self Esteem
and self image

Understanding
autism

Social
Communication

Sensory
Awareness

Anxiety

For more information please visit
www.autismwestmidlands.org.uk

or email
herefandworcs@autismwestmidlands.org.uk

