

# Being Me Group

## What is it?

- An online group for adults recently diagnosed autistic by the Adult Autism Assessment Team
- It is not a treatment group but focuses on increasing understanding of what autism means for you
- We discuss a range of strategies to support your overall wellbeing

<b>Week 1:</b>  <b>What is Autism? Strengths &amp; Challenges</b>	<b>Week 2:</b>  <b>Sensory Differences</b>	<b>Week 3:</b>  <b>Emotions</b>
<b>Week 4:</b>  <b>Meltdowns, Shutdowns and Mental Health</b>	<b>Week 5:</b>  <b>Communication &amp; relationships</b>	<b>Week 6:</b>  <b>Employment and Looking Forward</b>

## When is it?

- The group runs approximately 3 times a year
- It runs for 6 weeks on Wednesdays 3pm – 5pm
- There is a waiting list to attend

## What do I need to access the group online?

- Use of a tablet/ laptop/ computer with online access
- You will receive a link by email to join the group
- You will also receive information regarding what will be covered that week

**If you want to be added to the waiting list or need more information...**

**Call: 0118 9047 626**

**Email: [neuropsychology@berkshire.nhs.uk](mailto:neuropsychology@berkshire.nhs.uk)**



**[berkshirehealthcare.nhs.uk](http://berkshirehealthcare.nhs.uk)**