

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

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

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



berkshirehealthcare.nhs.uk