

Online group
Bi-weekly
Tuesdays 6-7.30pm



Autism Support Group

We each check-in and, depending on the number of people, hope to have 30 minutes at the end to discuss topics chosen by the group such as masking, overwhelm, social anxiety etc.

This is a good opportunity for the group members to share experiences and also strategies that help.

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.



catalystsupport.org.uk/activity-timetable/



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