

ARE YOU SUPPORTING SOMEONE WHO IS AUTISTIC OR NEURODIVERGENT?



NEW MONTHLY
EVENING
SESSION

ROOM ONE

LOVED ONES GROUP

Join our **friendly** group to share your thoughts, feelings and recent experiences with people who **understand**.

Meet other carers and loved ones who may be **supporting** adults or children with **neurodiversity**.



2nd Friday of the month



10:00 - 12:00



3rd Tuesday of the month



17:30 - 19:30



**Carers Centre,
PO4 0AD**

Everyone at the group has **lived experience**, including the facilitators.

UPCOMING DATES

MORNING	FRIDAY 10TH JULY	10:00 - 12:00
EVENING	TUESDAY 21ST JULY	17:30 - 19:30
MORNING	FRIDAY 14TH AUGUST	10:00 - 12:00
EVENING	TUESDAY 18TH AUGUST	17:30 - 19:30
MORNING	FRIDAY 11TH SEPTEMBER	10:00 - 12:00
EVENING	TUESDAY 15TH SEPTEMBER	17:30 - 19:30
MORNING	FRIDAY 9TH OCTOBER	10:00 - 12:00
EVENING	TUESDAY 20TH OCTOBER	17:30 - 19:30
MORNING	FRIDAY 13TH NOVEMBER	10:00 - 12:00
EVENING	TUESDAY 17TH NOVEMBER	17:30 - 19:30
MORNING	FRIDAY 11TH DECEMBER	10:00 - 12:00
EVENING	TUESDAY 15TH DECEMBER	17:30 - 19:30