

resources for autism

RfA Young AuStruck Group

A welcoming space to grow skills, build connections, and take your next steps with support!

Key Information

For: Independent adults aged 18-25yrs

Where: BAYC,
581 Pershore Road, B29 7EL

Time: **Weekly on Monday's 7-9pm starting 28/09/26**.
(*There will be some breaks through the year due to holidays & events)*

Group Specifics:
Navigating different stages of life, including education, employment, relationships, life skills and moving towards independent living and positive wellbeing.

Cost: £15 per session paid in advance each month
(Subsidies may be available for those on low income)

A welcoming, low-pressure group for autistic young adults **18-25yrs**, including those on the diagnostic pathway with low support needs.

The group focuses on connection, wellbeing, confidence and independence.

Whether you're studying, working, planning next steps, or looking to meet others who understand. A supportive space if you're feeling isolated or uncertain about the future.

What you'll gain:

- Build confidence and independence
- Develop strategies to manage stress
- Discover your strengths
- Connect with others through shared activities and discussion.



For more information and eligibility click the link below
https://forms.cloud.microsoft/e/kuWrqkzQeV?origin=lprLink
or contact **billie-marie@resourcesforautism.org.uk**