

# Understanding, making and maintaining friendships

***A life skills workshop for young adults with autism  
Delivered by Resources for autism.***



## Event Details:

- When:** First session on Thursday 23rd of January 6.30 pm to 8.30pm
- Where:** The Somerville youth centre 260 Queens Road Se14 5JN
- Who for?** Autistic young people aged 16 to 25 living in Southwark/ Lewisham

To find out more contact [nazia@resourcesforautism.org.uk](mailto:nazia@resourcesforautism.org.uk)  
or call 07458302961 to sign up use the QR code below

**Would you like to develop essential life skills?**

**Topics that will be discussed will include:**

- ·What friendships might look like
- ·Tips for making friends
- ·Maintaining friendships
- ·What boundaries are and different types
- ·Relationship circles (plus optional activity)
- ·Friendship red flags (plus activity)
- ·My strengths and things I might find challenging (activity)

