

Understanding, making and maintaining friendships

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



Event Details:

When: Thursday 20th February 6.00pm to 8.00pm

Where: The Lewisham Music hub First floor The Fellowship Inn
Who for? Randlesdown Rd London SE6 3BT

Autistic young people aged 16 to 25 living in Southwark/ Lewisham

To find out more contact 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
- Friendship red flags
- My strengths and things I might find challenging

