

# Resources for Autism Self-care skills workshop

***Life skills workshop to help you grow, connect and thrive, gain tools and knowledge for daily life***



## Event Details:

**When:** Thursday 30th of January 6pm to 8pm

**Where:** The Somerville youth Centre 260 Queens Rd West Se14 5JN

**What:** In person self care skills workshop 2hrs

**For:** Autistic adults of Lewisham aged 16 plus / Southwark aged 16 to 25

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

- Discover yourself and build your personal self-care toolkit.
- Learn strategies to manage mental well-being.
- Set and achieve strategies on managing personal goals.
- Small group discussions facilitated by Silvia and Nazia autism practitioners



resources for  
autism