



SOUTHWARK WELLBEING SUPPORT GROUP

WHEN: Every Other Tuesday

11am-1pm

PLACE: Southwark Carer's 3rd Floor Walworth Methodist Church, 54 Camberwell Road, London SE5 0EN

WHO IS IT FOR?

Parents/carers of children with autism and/or learning disabilities aged 18 and above.

Call: 07460399290

E: autismvoice1@gmail.com



The group is a safe and supportive space for parents/carers and adults with autism experiencing difficulty with their mental and emotional wellbeing. The group provides an honest and open discussion with people who share similar experience. It also provides an opportunity to connect the community with local services and activities and for participants to connect with one another.

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