

A photograph of three people in an indoor setting. On the left, a man with grey hair wearing a green t-shirt is looking towards the center. In the middle, a woman with long brown hair is smiling broadly. On the right, a man with glasses and a goatee wearing a black and white checkered shirt is also smiling. The background shows a room with a whiteboard and some posters.

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autism
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NORTH LONDON EVENING SOCIAL GROUP

For adults aged 18+ with
Autistic Spectrum Condition

SOCIAL GROUP FOR ADULTS IN NORTH LONDON

This group is for people aged 18+ with an Autistic Spectrum Condition.

This is a friendly group that meet weekly in Islington. The aim of the group is to improve confidence and practice social situations that members may find difficult. Every other week the group go out on a trip in the London area.

Trips include:

•Cinema•Bowling•Restaurant•Art gallery•Pub•Ice Skating

Activities include:

• Current Affairs•Board/Card Games•Speakers•Table Tennis•Quizes

Topics may include:

•Body Language and Personal Space•Stress & Anxiety Management•Coping with Change•First Dates• Empathy and Sympathy•Judgements & decision making•Money Management•Transitions•Online relationships- Staying safe•Assertiveness•Telling people about your AS•Time Management•Understanding emotions•Small talk

The group is open to people who have Aspergers' or High Functioning Autism and is held on Tuesday evenings from 6.30pm - 8.30pm

The Underground Youth Centre
Piper Close
London N7 8TQ

If you have any questions about this group, please contact Charlotte on 07792 484196 or e-mail charlotte@resourcesforautism.org.uk.

