






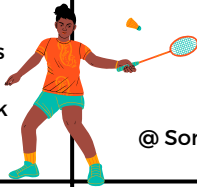


PARENT'S OFFER:



14th November - 10:30-12:30	Parent's Coffee Morning: Staying Safe Online 	Face to face session @Trinity College, Southwark - email nazia@resourcesforautism.org.uk to book your place
20th November - 10:30-12:30	Parent's Coffee Morning: Friendships and Relationships 	Face to face session @ RFA All Age Autism Hub, Bellingham - email nazia@resourcesforautism.org.uk to book your place
28th November - 10:30-13:30	Parent's Workshop: Understanding and Supporting Behaviour (for parents of 16-25 year olds)	Face to face session @ RFA All Age Autism Hub, Bellingham - booking via eventbrite
2nd December - 10:30-12:30	Parent's Coffee Morning: Self-Care 	Face to face session @ RFA All Age Autism Hub, Bellingham - email nazia@resourcesforautism.org.uk to book your place
11th December - 17:30-19:30	Parent's Workshop: Better Sleep 	Online session - email vesna@resourcesforautism.org.uk to book your place
12th December - 10:30-12:30	Parent's Coffee Morning: Self-Care	Face to face session @Trinity College, Southwark - email nazia@resourcesforautism.org.uk to book your place
24th January - 10:30- 13:30	Parent's Workshop: Navigating difficult emotions in family dynamics	Face to face session - booking via Eventbrite
Autism and Behaviour Support Advice Sessions available to book every Tuesday and Thursday either virtual or in person at the RFA All Age Autism Hub - Email lewisham@resourcesforautism.org.uk		
Lewisham Parents and Carer's Forum SEND 16 - 30 Drop in - October 24th, November 7th, November 21st, December 12th 10:00-13:00 - Leamore Centre, Bonfield Road, Lewisham SE13 5EU		



FOR YOUNG PEOPLE:

Mondays	Tuesdays	Wednesdays	Thursdays
 <p>Mentoring Drop-In Sessions for 16-25 year olds 11:00-15:00 @ RFA All Age Autism Hub, Bellingham</p>	<p>Making Music with Dee 16+ First Tuesday of the month @ RFA All Age Autism Hub, Bellingham or online</p>	<p>Sports Club for 8-12 year olds 16:00-18:00 Every other week @Youth First</p> 	<p>EGoFF for 19-25 year olds 18:30-20:30 Every week @ Somerville Centre, Lewisham</p>
	<p>Walking Group 18+ First Tuesday of the month @ locations across Lewisham</p> 	<p>Understanding Autism Book Club 18+ 16:00-18:00 Every other week</p> 	<p>Somerville Social for 16-18 year olds 18:30-20:30 Every week @ Somerville Center, Lewisham</p>

email lewisham@resourcesforautism.org.uk for more information on registering for groups