



## RfA Women Real Talk Group

### Criteria:

- Autistic woman over 30.
- Recently diagnosed with autism (preferably in the past 5 years).
- Able to commit to 6/7 sessions over 12 weeks.
- Able to attend 1.30pm-3pm on Thursdays every second week for 12 weeks at RFA office (NW11 6AB) starting in January 2025 (date tbc)
- Not currently in a severe mental health crisis.

**Cost:** ·£144/£168 for 6/7 sessions per term (£96/£112 for those on low income). We ask for payments to be made upfront to ensure commitment.

We have 2 available spaces for women with an adult diagnosis of autism.

The group is an intimate and supportive space for up to 6 women who wish to connect and learn from one another's experiences, celebrate what's good, and gain inspiration to change what's not.

If you are interested, please email Mathilde Simmons to discuss more: [msimmons@resourcesforautism.org.uk](mailto:msimmons@resourcesforautism.org.uk)

*Please note: This is not a social or discussion group. This is intended to be a protected sharing space, with an individual introduction session with myself to assess suitability ahead of joining the group.*

*"It was great to speak with and get advice from professionals who understand Autism. As there is still so much ignorance and lack of understanding surrounding ASD it is comforting to have that level of support, it's not easy to come by."*