

Wellbeing Walks & Holiday Family Session



Do you live in Birmingham?

Is your child on the **AUTISM assesment waiting list?**

Then please do come along ...

Fridays weekly 10:30am - 11:30am

***Dates:* 12th June; 19th June; 26th June; 3rd July; 10th July**

**Special session: 17th July Family Holiday Fun @ Thrive
10:30am till 12:00pm**

***Meeting Point:* 10:15am at the corner of the basketball courts
Kings Heath Park Kings Heath, Bham, B14 7TQ**

Look out for the orange RfA jumper!

Join us for a welcoming series of **6 wellbeing walks and support sessions** for parents, carers and other family members on a similar journey. A chance to practise self-care, connect with others and feel supported **while waiting for an assesment.**



You are welcome to just drop in for the walks
Please book on the family session as need to know numbers
BOOK HERE - <https://forms.office.com/e/157K0Tvr7t>

resources for
autism

for further info please contact
kelly@resourcesforautism.org.uk

 **Thrive**
using gardening to change lives



Navigating The Wait Together Project