

resources for autism

RfA Flame Club

A supportive space to meet others, build confidence and try something new.

FLAME CLUB is a small, relaxed group for autistic young people aged 14–18yrs, including those on the diagnostic pathway, with low support needs.

Sessions are low-pressure and flexible, designed to help you feel safe. With games, creative activities and time to just hang out, the group aim is to promote self advocacy and encouragers participation.

What you'll gain:

- Build confidence and independence
- Develop strategies to manage stress
- Discover your strengths
- Connect with others through shared activities and discussion

FLAME CLUB

Key Information

For: Independent young people 14-18yrs

Where: **Square Peg, 37–39 Gate Lane, Boldmere, Sutton Coldfield, B73 5TR**

Group Specifics: Navigating different stages of life, including education, exams, friendship and identity.

Time: **Thursday 5-6.30pm starting in the new year.**

The club will run for 10 weeks each term before and after the half term break.

Cost: £12 per session paid in advance for the full 10 weeks. *(Subsidies may be available for those on low income)*

For more information and eligibility follow the link here
https://forms.cloud.microsoft/e/kuWrqkzQeV?origin=lprLink
or contact **billie-marie@resourcesforautism.org.uk**