

Adult Autism Education Course

Community Autism Support Service (CASS)

Are you an autistic adult and would like to find out more about autism?

An education programme for **autistic adults** (diagnosed, awaiting diagnosis or those that think they may be autistic, age 18+), **living in Coventry & Warwickshire**. The course is suitable for individuals not currently accessing or eligible for learning disability support.

For more information and to book your place please visit

<http://caass.eventbrite.co.uk>

- **Week one: Understanding Autism**
Understanding what we know about autism, the stereotypes and the positives it can bring.
- **Week two: Autism and Positive Wellbeing**
Positive mental health and wellbeing from an autism specific viewpoint.
- **Week three: Sensory Processing**
The differences in how autistic individuals experience the senses and the challenges of sensory input.
- **Week four: Communication, social anxiety and friendships**
Exploring communication and the challenges of social anxiety and developing friendships.
- **Week five: Anxiety management and emotional regulation**
Learning ways of coping with overwhelming emotions and anxiety so that we feel safe and in control.
- **Week six: Bringing it all together** (face-to-face course only)
Looking at what we have learnt, the benefits of peer support and what other support may be out there for you.

We regularly offer additional dates and locations. We also offer a 5 session online version of the course.

If you would like to take part please book via Eventbrite or if you have further questions about the course, including other course locations, please call us on **024 7771 4545** and leave your name, number, postcode and the course you are interested in, or email **caass@cwmind.org.uk**

<http://cwmind.org.uk/diverseortypical/>