

WOMEN + ASD LEARNING + SUPPORT GROUP



What is it?

An **eight-week** group for women with ASD 18 and older. This group involves both **learning** and **supportive** components. At the beginning of each session, facilitators will present evidence-based information about the unique differences in autistic women with respect to a variety of topics.

The second half of each session provides participants with the opportunity to discuss the information learned. Also, participants will be invited to share their own personal experiences. An important aim of this group is for participants to meet with others that are similar to them and discuss topics that are unique to being an autistic woman - all in a supportive environment.

Who is it for?

Women with ASD ages 18 and up* who:

- Can discuss their thoughts, emotions, and experiences
- Are located in the province of Alberta
- Have access to technology that supports video conferencing
- Can commit to attending all 8 sessions

Learn more or register

Email: hykawyc@sta-ab.com

Call: (403) 258-5510



**CALGARY
FOUNDATION**
FOR COMMUNITY, FOREVER

This group is supported by:

When

Thursdays

4:00 pm to 5:30 pm

April 8, 2021 to May 20, 2021

Where

Held online via Zoom video-conferencing

Sessions facilitated by a psychologist

Cost

\$20.00 per weekly session*

(\$160.00 total)

*Payment can be made in monthly installments.

Registration will be on a first-come, first-serve basis

Visit autism.ca

