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ONLINE GROUP

Adults with Autism Spectrum Disorder (ASD)/Asperger's ONLINE SUPPORT GROUP

Date: Wednesday, May 10th, 2023

Time: 8.30pm - 9.30pm

Providing a safe, confidential and relaxed setting online for adults with ASD/Asperger's, this support group is a space where attendees may share their thoughts and feelings and/or ask for feedback, information, and support from each other.

Benefits of this support group:

- Reduced social isolation as attendees experience connection with others like themselves.
- Improved self-esteem, well-being and confidence as attendees share and learn from each other.
- Improved understanding of ASD/Asperger's as traits, characteristics, and talents of those on the autism spectrum are explored.
- Enhanced support systems as attendees will have opportunities to build friendships and support networks that extend beyond group meetings.

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RESERVATIONS: lighthousearabia.com/events

FEES: **Free-of-cost**

LOCATION: **This is an online group. A meeting invitation will be shared with a Zoom link in advance.**



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