

Autism Group

18-25

Echoes
Charity

Our group is focused on diagnosed or undiagnosed autistic people aged 18-25. It's a good opportunity to meet others, socialise and share experiences. It's a safe space for all, run by psychotherapists and counsellors who have experience with neurodiversity and their support and managing techniques will be at your disposal and will be adapted to the needs of the group. To get in contact visit one of the links listed at the bottom right of this poster.

All courses are free.

If you like to use any creative outlets such as poetry, music, plays, videos, games, artwork and fashion as a way to express emotions or yourself then please send your creations into enquiries@echoescharity.org.uk. You can either be credited or be anonymous.

If you are sharing someone else's material, please quote the author.

To book your free place, please use the QR code below, or by completing the survey on our website.

Course Dates
09/04/2026
12pm-1pm
16/04/2026
6pm-7pm
01/07/2026
7pm-8pm

The courses will be weekly, for 1 hour over 4-6 weeks.

Complete our surveys-

(<https://www.echoescharity.org.uk/#current-surveys>)

-This enables you to book on our workshops and to provide you with workshops and groups that meet your needs e.g. bereavement/isolation.

Website- www.echoescharity.org.uk
Email- enquiries@echoescharity.org.uk



 Echoes Charity CIO

 @echoes.charity



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