



Compass
RECOVERY COLLEGE



Reading
Borough Council
Working better with you

Autism and Social Anxiety

February 15th, 12:30 – 2pm

Social interactions are a common source of anxiety for many autistic adults.

This workshop will explore social anxiety and look at workable strategies for managing social situations to help autistic adults do the things they want and need to do.

1 Session

February 15, 12.30- 2.00pm

Reading Central Library

Enrol with us, free to join



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