



Compass
RECOVERY COLLEGE



Reading
Borough Council
Working better with you

Understanding Autism & Mental health

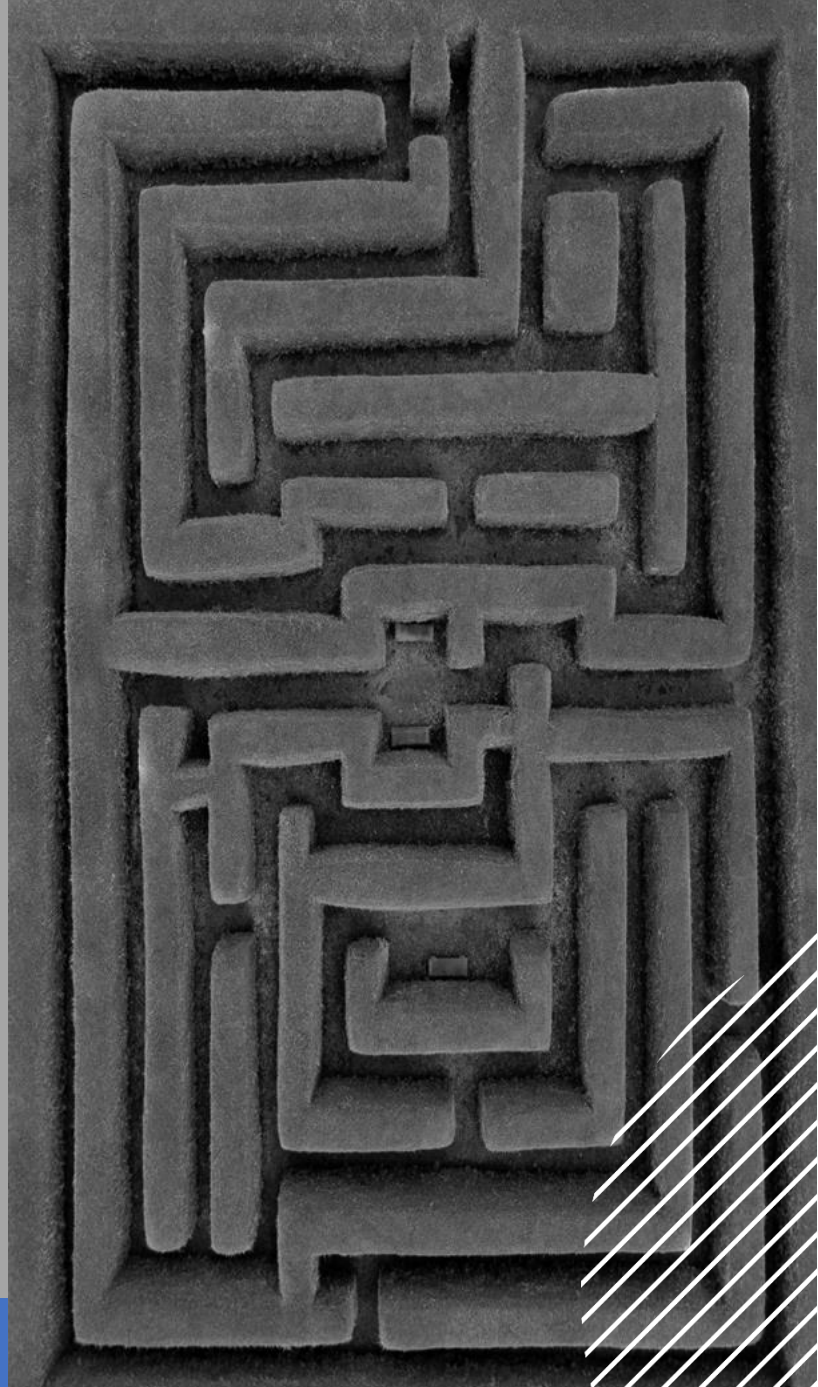
February 1st and 8th, 12:30 – 2pm

Autistic Spectrum Disorder (ASD) can make managing certain areas of our lives more difficult, such as becoming distressed when there are changes to routine or finding certain situations anxiety provoking.

These workshops aim to help autistic adults understand their ASD and how it affects their mental health, whilst discussing ways to cope with common mental health challenges in everyday life.

2 sessions,
February 1 and 8, 12:30- 2:00pm
Reading Central Library

Enrol with us, free to join



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