



Compass
RECOVERY COLLEGE



Reading
Borough Council
Working better with you

Self Esteem with Autism

February 22nd, 12:30 – 2pm

This workshop will focus on self-esteem for autistic adults.

We will look at self-acceptance and self-identity, as well as exploring strategies for how to manage negative experiences or reactions from others, whilst identifying and acknowledging your strengths.

1 session

Reading central library

12.30-2.00pm

Enrol with us, free to join



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