

Adult Autism Education Programme Community Autism Support Service (CASS)

Are you an adult with an autism diagnosis or think you may be autistic and would like to find out more about this condition?

An education programme for **adults** (18+ years) **with autism** (diagnosed, awaiting diagnosis or those that think they may be autistic), **living in Coventry & Warwickshire**. The course is suitable for individuals not currently accessing or eligible for learning disability support.

This programme looks at how we, as adults, are affected by autism; what challenges it brings (along with the positives); and where to seek support, with room for discussion and learning from each other.

For more information and to book your place please visit
[**http://caass.eventbrite.co.uk**](http://caass.eventbrite.co.uk)

Week one: Understanding Autism

Understanding what we know about autism. How common is autism? Is it increasing?

Week two: Autism and Positive Wellbeing

Looking at positive mental health from an autism specific viewpoint – how to stay well whilst living with autism.

Week three: Sensory Processing

When we live with autism, our sensory system is often a little different. Come and find out more about this and how you might be affected.

Week four: Communication, social anxiety and friendships

In this week we are looking at how to cope with social situations and how to manage the anxiety that may occur in social situations. We will also be looking at friendships both online and face to face.

Week five: Anxiety management and emotional regulation

In this week we look at ways of coping with overwhelming emotions and anxiety so that we feel safe and in control. We also briefly look at other services available and provide suggestions of where else you may find support.

Week six: The wider community – what support is out there? (face-to-face course only)

In this final celebratory week we talk about the benefits of peer support and what other support may be out there for you.

We will be adding more locations and dates soon and regularly offer a 5 session online version of the course.

The face-to-face courses are currently being offered with limited numbers in order to support COVID-19 secure environments, and therefore places are prioritised for adults with autism. If you feel unable to attend the course without the support of someone please contact us to discuss.

If you would like to take part please book via Eventbrite or if you have further questions about the course, including other course locations, please call us on **024 7771 4545** and leave your name, number, postcode and the course you are interested in, or email **caass@cwmind.org.uk**