

Skills for Life

Aims:

- For you to build knowledge and confidence of the skills needed to live independently
- For you to learn and practice skills in a safe, supportive, ASD friendly environment
- To have an opportunity to meet other people with ASD who want to learn skills for living independently

What to expect:

Each session will be run for 2 hours in Avon House and will follow a similar structure:

- Introduction – checking in
- Topic
- Break
- Activity/discussion
- Time to discuss next week

This will be a relaxed group and you can talk and participate as much or as little as you like.

Eating

Routine

Keeping well

Money

Managing your home

Travel

Personal care

Dates of sessions to be confirmed.

If you would like to be added to our waiting list please get in touch with us by phoning 02921 824240 or email CAV.IAS@wales.nhs.uk

Integrated Autism Service



Gwasanaeth Cyfun Awtistiaeth