



for physical & mental wellbeing

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## Autistic spectrum group

Take Off is running an autistic spectrum group to support positive mental wellbeing. Each monthly session will incorporate strategies for overcoming mental health challenges designed specifically for those on the spectrum. Through a social atmosphere, attendees will learn to express, share and collaborate on a range of topics, showing examples for the road of recovery.

The group runs on the 4<sup>th</sup> Friday of each month from 6:30pm to 8:00pm in Canterbury.

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

A place of positivity

Somewhere you can get support, advice and have fun

Learn a new skill

100% service user led

Free to attend

Regular attendance welcome

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