



**Ambitious
about Autism**

Understanding You, Discovering You

Peer support course for autistic young people aged 16-25

**Do you have an autism diagnosis
and aged between 16-25?**

**Would you like to know more about
autism and where to find support?**

**Do you want to understand your own
autistic identity in a supportive space
with other young people?**

Ambitious about Autism's Youth Network and professionals have co-designed a new six-week online course to help you understand autism, explore your autistic identity, develop goals, and equip you with resources, in a guided peer support group.

You will take part in online sessions with a small group of other autistic young people, led by Ambitious about Autism staff and members of the Ambitious Youth Network.

Together in a group, we will explore:

- what autism is and the key terminology
- experiences of being autistic
- how to explain autism to other people
- identifying your social needs
- where to find support and services
- problem solving and goal setting.

**We will do this with a flexible and
accessible approach, which will include:**

- informal group discussions
- interactive activities during and in-between sessions
- signposting to resources
- social time to get to know each other.

You can choose whether to switch your video/audio on or off and can communicate through the chat function if you prefer.

**Courses will begin from late Spring 2023 and take place online. Participation is free of charge.
Contact us for course dates, time, eligibility and full information.**

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🌐 www.ambitiousaboutautism.org.uk/post-diagnosis-peer-support