

FREE  
SESSIONS

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## **Face-to-Face Autistic Adult Mental Health Sessions in Solihull**

Autistic adults wanted to join our 12-week mental health and well-being sessions, starting **Thursday, 18th September 2025 in Solihull**.

These sessions are designed to provide a safe, supportive, and structured space to focus on positive mental health and well-being.

### **Schedule**

**12 sessions every Thursday starting 18<sup>th</sup> September**

Two week break on **20<sup>th</sup> & 27<sup>th</sup> November**

Resumes **4<sup>th</sup> December – 18<sup>th</sup> December**

### **Eligibility:**

You are 18 years or older with a diagnosis or on pathway

You feel comfortable engaging in a group of 15 participants. This is a safe space to develop your confidence and self care. We encourage you to commit to all 12 sessions.

**Limited Spaces Available – Only 15 Places!**

**Don't miss this opportunity to take part in a supportive group.**

### **Solihull**

At  
Solihull Methodist  
Church,  
Solihull  
B91 1LG

time  
13.30 – 15.30

Please email Kam for these sessions  
as it is limited spaces on a first come  
first serve basis.



**kam@resourcesforautism.org.uk**