

# Teen Autism Confident

In Herefordshire and Worcestershire

A free online 5 week course about autism for autistic teens aged 13-17

**autism**  
west midlands



**Herefordshire and  
Worcestershire**

An opportunity for diagnosed autistic teens to learn more about autism in small, supportive group sessions and a one-to-one meeting with an autism advisor.

Understanding  
Autism

Sensory  
Awareness

Anxiety

Happiness and  
Wellbeing  
(self esteem)

Social  
Communication

**Sessions starting this autumn**

**\*Please note that**

**places must be pre booked\***

**email to book a place**

**For more information, please visit**

**[www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk)**

**or email**

**[herefandworcs@autismwestmidlands.org.uk](mailto:herefandworcs@autismwestmidlands.org.uk)**