

# Mind The Gap

## Online Information & Learning Sessions

For Autistic young people aged 14-18 years



### Want to find out more about Autism from professionals and peers?

Join our friendly professionals for our online information & learning sessions co-facilitated by an Autistic young person!

### What topics will we learn about?

- Understanding diagnosis
- Sleep Support
- Mental Health & Wellbeing
- Relationships
- Reasonable School Adjustments



**Mondays at  
4:00-5:30 PM**

10th June 2024  
7th October 2024  
TBC - January 2025  
TBC - March 2025

### Want to join?

Scan the QR code to visit our information and sign-up page on [Eventbrite.com](https://www.eventbrite.com)

