

# Post Diagnostic Group

The Post Diagnostic Group offers an opportunity for individuals with a diagnosis of autism, to gain a better understanding of the autism spectrum and develop a greater insight into their own thinking. The group allows you to meet other people with a diagnosis of autism, and the chance to share your own knowledge and experiences of autism.

The Post Diagnostic Group aims to build your knowledge and confidence around what autism means to you and how it may impact on your life.

The group is run jointly between Autism Spectrum Connections Cymru and the Integrated Autism Service.

**This will be a relaxed group and you can talk and participate as much or as little as you like.**

What is Autism?

Facts and Myths about Autism

Sensory Sensitivities

Disclosure

Other Conditions Related to Autism

Common Differences

What a Diagnosis Means to You

History of Autism

Dates of future sessions to be confirmed.

If you would like to be added to our waiting list please get in touch with us by phoning 02921 824240 or email [CAV.IAS@wales.nhs.uk](mailto:CAV.IAS@wales.nhs.uk)

