



here to help

Autism & Mental Health

Sessions for autistic people

These free-of-charge sessions will provide you with information, advice and guidance as well as practical tips you can use at home.



LOCATION:

Lilyanne's Wellbeing Cafe
Titan House
141 - 147A York Road
Hartlepool
TS26 9HL



EVERY FRIDAY
2pm – 3.30pm



www.sjog.uk/heretohelp

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