

Thinking About Adulthood

Are you feeling worried about transitioning to adulthood? (becoming an adult) / what being an adult means ?

This is a **free virtual group** for autistic young people without a Learning Disability in NW London, aged 14-19 years.

This group is led by you and the questions you want to be answered.
Enquiries - adults@adhdandautism.org

HAMMERSMITH & FULHAM & HOUNSLOW

Join us on the 4th Wednesday
of every month.
6:30pm- 8pm on Zoom

Will I change when
I turn 18?

How do I fill in forms?
What should I do when I
finish school?
What support will I get?

How do I write a CV?
How do I interview for a job?
What is a budget?



North West London
Clinical Commissioning Group



Centre for ADHD
& Autism Support

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