

HERTFORDSHIRE BEE YOU



For ages 11-16 years, the weekly topics are:

Session 1: What is autism and ADHD? What strengths does this bring us?

Session 2: Executive Functioning

Session 3: Friendships & Relationships

Session 4: Emotional Regulation

Session 5: Female Puberty

Session 6: Male Puberty

Session 7: Body Scanning, how am I feeling?

Session 8: Managing School

Session 9: Masking / Internal Presentation

Session 10: Myth Busting – what do people expect from me?



Scan the QR code to complete the contact form for a referral and further information.

Email hertsbeeyou@autismoxford.org.uk if you require further assistance.

