



ASD and You

Young Person's Feedback Workshop

What is it?

- Free workshop
- Online session using NHS England 'Attend Anywhere' platform
- 2 hours long
- Two workshop age groups: 11-14 years & 15-19 years
- Thursday sessions, 1-3pm or 4-6pm
- Useful information and advice
- Content created with Autistic young people alongside Alder Hey staff
- Time and space to think about your diagnosis and to meet others
- Online means: camera on or off, speak or use chat function, join in or just listen: ALL YOUR CHOICE 😊

Some of the topics we hope to cover include:

- What ASD means to you
- Identifying your strengths
- Myth-busting
- Positive role models
- Your choices about sharing your diagnosis with others
- Challenges some young people face and where to find helpful support

How to book a place on the workshop:

Please see our website for referral information:

<https://alderhey.nhs.uk/services/autism-spectrum-disorder-asd>



If you have any questions, please contact the team at: asdqueries@alderhey.nhs.uk