



GROUP TIMETABLE

October

AUTISM & NEURODIVERSITY
THINKING DIFFERENTLY

Our schedule of support groups for autistic adults and their friends and family, our new family walks and information sessions where everyone is welcome. Please email us at referrals@a-nd.org.uk to book your place.

Date and Time	Who, What	Location
3rd - 6pm - 8pm	Lived Experience Group @ Davidson House If you are an autistic adult and would like to meet others who think differently in a calm and inclusive space, please join us.	Davidson House, Aberdeen
10th - 6pm - 8pm	Family & Friends Walk Are you a family member or friend of someone who is Autistic and are looking to meet others for a relaxed walk while getting a chance to talk about your experiences with those who think differently? Children and pets welcome.	Meet at Seaton Park beside the Train playpark
17th - 5.30pm to 7.30pm	Lived Experience Group @ Carnie Drive If you are an autistic adult and would like to meet others who think differently in a calm and inclusive space, please join us.	A-ND Carnie Drive, Aberdeen
24th - 6pm - 8pm	Information Session Would you like to know more about what we do at Autism and Neurodiversity North Scotland? Come and join us to discuss our services and how we can support you and your loved ones.	A-ND Carnie Drive, Aberdeen
31st - 6pm - 8pm	Lived Experience Group @ Davidson House If you are an autistic adult and would like to meet others who think differently in a calm and inclusive space, please join us.	Davidson House, Aberdeen



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November

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Date and Time	Who, What	Location
7th - 10am to 12pm	Family & Friends Walk Are you a family member or friend of someone who is Autistic and are looking to meet others for a relaxed walk while getting a chance to talk about your experiences with those who think differently? Children and pets welcome.	Meet at Hazelhead Park in front of the Cafe
14th - 5.30pm to 7.30pm	Lived Experience Group @ Carnie Drive If you are an autistic adult and would like to meet others who think differently in a calm and inclusive space, please join us.	A-ND Carnie Drive, Aberdeen
21st - 1pm to 3pm	Information Session Would you like to know more about what we do at Autism and Neurodiversity North Scotland? Come and join us to discuss our services and how we can support you and your loved ones.	A-ND Carnie Drive, Aberdeen
28th - 6pm - 8pm	Lived Experience Group @ Davidson House If you are an autistic adult and would like to meet others who think differently in a calm and inclusive space, please join us.	Davidson House, Aberdeen



GROUP TIMETABLE

December

AUTISM & NEURODIVERSITY
THINKING DIFFERENTLY

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Date and Time	Who, What	Location
5th - 1pm - 3pm	Family & Friends Walk Are you a family member or friend of someone who is Autistic and are looking to meet others for a relaxed walk while getting a chance to talk about your experiences with those who think differently? Children and pets welcome.	Meet at Duthie Park outside the Winter gardens
12th - 5.30pm to 7.30pm	Lived Experience Group @ Carnie Drive If you are an autistic adult and would like to meet others who think differently in a calm and inclusive space, please join us.	A-ND Carnie Drive, Aberdeen
19th -1pm to 3pm	Information Session - Christmas and Neurodiversity We are in full swing of Christmas and everywhere we look there are bright flashing lights, unusual noises, and high expectations for everything to be perfect. Lets meet up to discuss how we can get through this period together and most importantly enjoy it.	A-ND Carnie Drive, Aberdeen
26th - 6pm - 8pm	Lived Experience Group @ Davidson House If you are an autistic adult and would like to meet others who think differently in a calm and inclusive space, please join us.	Davidson House, Aberdeen