



here
to help

Autism & Mental Health Drop-Ins

Come along if you're autistic (no formal diagnosis needed) or support someone who is autistic to receive advice and guidance from our friendly team on a range of topics from anxiety to emotional recognition.

Every Monday
from **1:30pm-3:30pm**
(except bank holidays)

Edge Centre, Darlington Baptist Church
Corporation Road, Darlington, DL3 6AR

In the drop-in sessions, there will be the opportunity to do free activities, talk to experts, and have refreshments with like-minded people.



For more information contact Rachael and Lynn at: heretohelp@sjog.org.uk

www.sjog.uk/heretohelp