

Autistics United Presents: Girls' Day Out!

Introduction

AU Girl's Day Out is a spectrum-wide social support group for young autistic women/girls ages 12-25 to build relationships organically. AU Girl's Day Out provides a setting where teens and mentors can be themselves, socialize, and have fun.



When?

Saturday, January 18th, 2 p.m. - 5 p.m.

What are the plans?

Video game consoles and games will be provided, feel free to bring your own games (both video and board games - might want to put your name or initials on them to make sure they make their way back home with you) and drinks/snacks to share with the group (if you plan on bringing soda, caffeine free is preferred)

Where?

Arms Around ASD
191 Charlotte St in Asheville

Who?

Autistic girls & women ages 12-25. (*We are accepting to all people on the Autism spectrum, including those who have not been officially diagnosed.*)

Note: Try to give your young autistic their independence. It's perfectly okay to go help them when they need it, but you should also allow your child/person you're supporting to practice her independence in the group in her own way. Please remain in the facility while the group is in session. Please remember that if you have to leave we, the A.U. nonprofit, cannot be held responsible for any accidents or issues that may occur. For this reason, it is best to stay on site.

Things to keep in mind:

Since these events are intended to encourage socializing and interacting with others, please limit the use of electronics unless needed to assist with communication. We are a casual group and want to provide a safe and positive environment for everyone, so please be mindful of that with what you say and how your actions could affect others. If you are not sure what is not appropriate, please let us know and we will be happy to let you know.

General Information: *Please be respectful and mindful of everyone's sensory needs and personal boundaries.* For more information please contact us:

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