

Autistics United: Autistic Girls United

What?

AU Girl's Day Out! 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? Friday, February 26 from 4-5PM

Where? Join Zoom Meeting

<https://us02web.zoom.us/j/84903509206>

Meeting ID: 849 0350 9206

What are the plans?

The topic of this meeting is discussing and watching Autism in Pink documentary. The Autism in Pink project was an EU Lifelong Learning Program funded partnership between four European organizations to research and educate about autism (including Asperger syndrome) in women. The project gathered a group of women with autism in each country to attend workshops using the Personal Wellbeing Index (PWI Cummins 2005) as a structure. In this film made for the project by Uppercut Films, the women talk about their lives - the challenges they've faced and their personal achievements.

Who? Autistic girls & women ages 12-25 *(We are accepting of 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 help them when they need it, but you should also allow your child/person you're supporting to practice their independence in the group in their own way.

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 help you.

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