



Adult topics on the spectrum

Tuesdays 6:00 p.m. - 8:00 p.m., Zoom

Two Groups (alternating weeks): 18-25 and 26+



This online Forum provides a sounding board for all adults on the Spectrum. We are offering two different groups, ages 18-25 and 26+, which meet on alternating weeks.

Topics will be voted on each week by participants and can include: success strategies at work; major life changes; navigating relationships; diagnosis differences in the spectrum; time management; positive supports; managing sensory needs; money management; avoiding burnout; emotional needs; online

safety; when is it TMI (too much information) and more!

This Forum is free and registration is required. If you have never used Zoom, you can take a look at the [Zoom Help Center](#) to familiarize yourself with the platform prior to the first meeting.

Please see registration page (in button below) for more information and codes of conduct.

The Forum is facilitated by Amelia Clark of Autism Connections.

Email Amelia at amelia.clark@pathlightgroup.org to register for either the 18-25 or 26+ group. She can let you know when the next group is scheduled for your age group. They alternate weeks.



Autism Connections, Autism Support Centers of Western Massachusetts

Hampshire County
11 Village Hill Road
Northampton, MA 01060
413-585-8010

Franklin County
101 Munson Street
Greenfield Corporate Ctr.
Greenfield, MA 01301
413-585-8010

Berkshire County
75 South Church Street,
Suite 402
Pittsfield, MA 01201
413-443-4780

Hampden County
220 Brookdale Drive
Springfield, MA 01104
413-585-8010

<https://autismconnectionsma.org/>