



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.

REGISTER for 18-25 group
[and view full information](#)

REGISTER for 26+ group and
[view full information](#)



Autism Connections is the Autism Support Center for 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/>