



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

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