



### About the Club

#### Who will be there?

- This five session fortnightly group program will be facilitated by AuDHDer psychologist Bridie Gray with the help of a provisional psychologist and psychology students.
- There will be approximately 10 members

#### What is the purpose of the Club?

- The club was created as Bridie noticed a lack of safe, neuroaffirming places for Autistic girls to make friends.
- The main goal of the club is for Autistic girls to make friends through shared interests
- Another goal is to encourage the members to think about and reflect on topics that impact autistic girls, such as identity, well-being, individual needs, appropriate accommodations and self-advocacy.

#### What will the group members do?

- Bridie will provide materials to create different art and craft projects each week
- The group members will work on their projects individually - there is no group work nor competition involved
- Bridie will also provide discussion points on topics important for Autistic girls
- Bridie will speak from her own lived experience and encourage the girls to share their ideas and reflections.



### Sign up

Please speak with your current clinician, the receptionist at Brighter Futures, use the contact us form on our website or call 3843 5739 to register for this group.

### Dates & Times

- The group will run for 6 sessions with each session 1.5 hours in length
- Sat 20th July 2024 12:30-2pm
- Sat 3rd Aug 2024 12:30-2pm
- Sat 17th Aug 2024 12:30-2pm
- Sat 31st Aug 2024 12:30-2pm
- Sat 14th Sept 2024 12:30-2pm
- Sat 28<sup>th</sup> Sept 2024 12:30-2pm

### About the Venue

- The group will be held at the Brighter Futures Clinic in Mount Gravatt East
- Parking is available just outside the venue
- There is a wheelchair accessible toilet inside the venue
- The group members are able to access water and tea from the kitchen

### Art and craft activities may include

- Painting
- Soft pastel
- Modelling Clay
- Collage

### Costs

- Costs. \$780 for the 6 session program. Children with NDIS funding may be able to use their funding to pay for sessions.
- Please note the cost of the group is \$780 irrespective of whether your child attends every session.
- Payment can be made up front or in two instalments of \$325 across the group.