

# Breaking barriers and prejudices of autism



MONDAYS  
9am - 10.30am



## ★ Autism-Friendly Mondays ★

We're creating a calm and welcoming space:

- Quiet environment (no music)
- Easy-to-use tick-box menus so you don't have to speak if you don't want to
- A supportive, relaxed atmosphere

Everyone is welcome

- come and enjoy your visit at your own pace