

## ARE YOU SUPPORTING SOMEONE WHO IS AUTISTIC OR NEURODIVERGENT?



# ROOM ONE LOVED ONES GROUP



Join our **friendly** group to share your thoughts, feelings and recent experiences with people who **understand**.

Meet other carers and loved ones who may be **supporting** adults or children with **neurodiversity**.



**2nd & 4th Friday  
of the month**



**10:00 - 12:00**



**Carers Centre,  
PO4 0AD**

Everyone at the group has **lived experience**, including the facilitators: Laura (Portsmouth Carers Service) and James (Room One).