

Life On The Spectrum: A Workshop Series Developed By and For Autistic People

Presents:

AUTISM, MENTAL HEALTH & SELF-CARE

Workshop developed by Aliko Koumenis

A conversation about mental health, wellness, and self-care, from the perspectives of Autistic Self-Advocates and professionals in the mental health field.

When: Tuesday, November 16, 2021, 2-3:30PM

Register here: <http://bit.ly/PANS-2021 ASD-MH>

Presenters: Aliko Koumenis and Robert Schmus

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