



# CathARTic

## Autism and Me:

### 6- week Creative Programme for Autistic Children and Young People

This group programme is designed to provide guidance and support to better cope with some of the challenges that living with Autism can present. It is created to inspire children and young people to recognise their unique talents, their worth and to celebrate being Autistic. Workshops take place in our welcoming, inclusive, vibrant and stimulating creative art studio in Watford.

The activities will ignite imagination as well as provide a positive outlet to boost self esteem and confidence, form connections, to learn and to have fun.

Participants do not have to be naturally creative to take part as activities are fully accessible.

This programme has been funded by Hertfordshire County Council as part of a range of offers to support children and young people with Autism and ADHD.

Those attending need to live in Hertfordshire and require a formal Autism diagnosis (or a dual diagnosis of Autism and ADHD)

Groups are available for ages

7-11 years old and 12-16 years old

Sessions are after school hours and we have a day time group for those not in full time education, or who can attend as part of their school day

To find out more, please get in touch by emailing

[autism@catharticcic.com](mailto:autism@catharticcic.com)

and a referral form will be sent to you to complete. A referral form is also available to complete via our website by visiting

[catharticcic.com/autism-and-me](http://catharticcic.com/autism-and-me)

We look forward to hearing from you

This is part of a wider project funded by the NHS and Hertfordshire. To find out what other services are available, please visit The Toolbox at

[thetoolbox.mindler.co.uk](http://thetoolbox.mindler.co.uk)

Funded by

Family and Health Services Commissioning



**NHS**

Hertfordshire and  
West Essex  
Integrated Care Board

