

Interoception Support Groups



What is the Interoception Support Group?

The Interoception Support Group at Pinwheel Wellness Centre (PWC) is an 9-week group program specifically designed for Autistic adults or those exploring an autism diagnosis (19+ years old). The group will be a place for members to come together to learn more about interoception and engage in discussions about their individual experiences.



Topics Covered:

- What are the 8 Senses?
- What is Interoception?
- Understanding Physical and Emotional Sensations



When & Where

INTEROCEPTION - Group A)

Day/Time: Wednesdays **IN PERSON**

Time: 3pm-4pm

Start Date: September 16th, 2026

Where: PWC - 1658 Bedford Hwy, Suite 55

Who: Autistic Adults 19+



When & Where

INTEROCEPTION - Group B)

Day/Time: Mondays **ONLINE**

Time: 10am-11am

Start Date: September 25th, 2026

Where: Online via Zoom

Who: Autistic Adults 19+

How to register:

Please contact Abby, our Groups Coordinator:

Email: aclarkecaseley@autismns.ca

What is Interoception?



Sensory Friendly Solutions

Interoception is part of the 8 Sensory Systems

Many people are familiar with the five **external senses**—seeing, hearing, tasting, smelling, and touching. These senses help us understand **what is happening around us**.

We also have **internal** (sometimes called **hidden senses**). These help us understand **what is happening inside our bodies**. These include:

Vestibular (movement and balance)
Proprioception (body position and effort)

Interoception

All of these senses work together to support how we experience our body, emotions, and needs and everyone experiences their senses in their own way.

Our Sense of Internal Body Signals

Interoception is our sense of internal body signals. It helps us notice what is happening inside our body, like hunger, thirst, a racing heart, or the need to use the bathroom

Interoception can help us notice what our body could be telling us

For example:

- Heavy or sore eyes may tell someone they are tired
- A rumbling or gurgling stomach may tell someone they are hungry

Interoceptive signals can show up differently for different people, and sometimes they are subtle or easy to miss. There is no right or wrong way to notice body signals and practicing **curiosity** can support greater understanding of our experiences.

