

Join Our Free Depression Support Group for Autistic Adults

What is a Depression Support Group?

The Depression Support Group at Pinwheel Wellness Centre is a 6-week virtual therapy group designed for Autistic adults or those exploring an autism diagnosis (19+ years old). This group provides a safe and welcoming online space where participants can come together to explore the topic of depression, engage in meaningful discussions, and share their unique experiences. This group is completely free of charge



Topics Covered

The group will cover topics such as:

- Understanding Depression and Autism
- Building Resilience
- Relationship Building
- Value Identification and Finding Meaning



How to Register

Scan the QR code to access the application form.



Have Questions?

Reach out to Abby, our Groups Coordinator:

aclarkecaseley@autismns.ca
902-600-0523

Things to Consider:

- You must be comfortable accessing services in a group setting to participate in this group.



PinwheelWellness
SUPPORTING COMMUNITY MENTAL HEALTH

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