

Join Our Free Interoception Support Group for Autistic Adults

What is the Interoception Support Group?

The Interoception Support Group at Pinwheel Wellness Centre (PWC) is a 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. This group is completely free of charge.



Areas Covered

Topics Covered:

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



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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