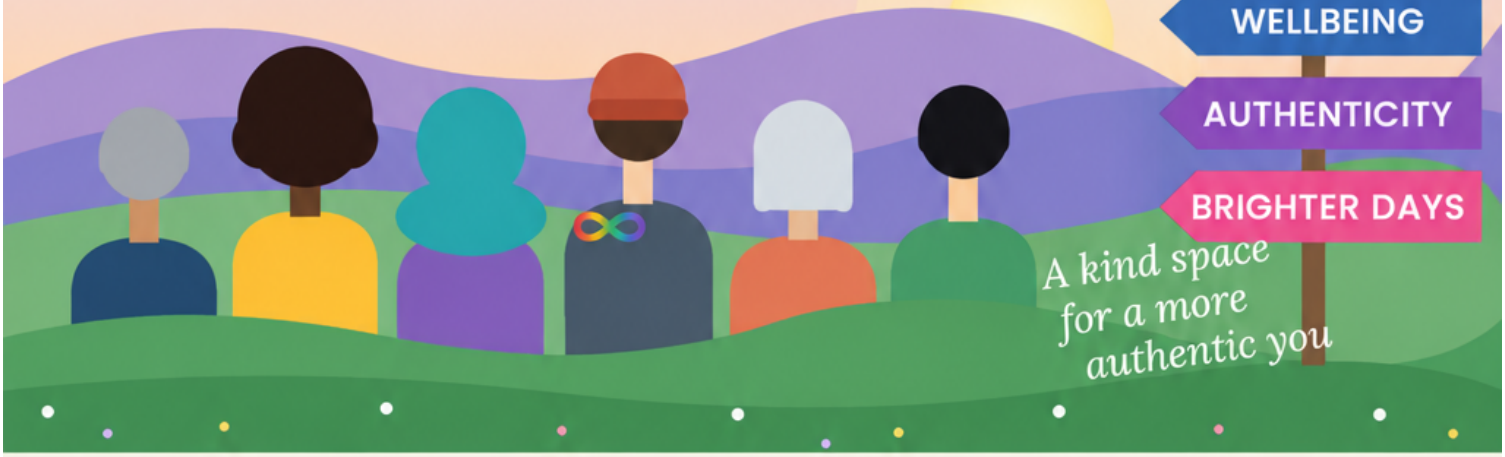
Unmask and Unwind

A day retreat for autistic adults (18+) – no diagnosis necessary.

Be yourself
Belong
Feel supported
Thrive

ACCEPTANCE
CONNECTION
WELLBEING
AUTHENTICITY
BRIGHTER DAYS

CONNECT • REFLECT • RECHARGE • BE YOU



A kind space for a more authentic you

A DAY RETREAT

Organised at local venues across the UK.

EXPERT FACILITATION

Facilitated by a psychologist skilled in supporting neurodiverse adults with autism to develop coping strategies and celebrate diversity.

SUPPORT & CONNECTION

An opportunity to gain mutual support from, and connect with others in a safe way, should you want to.

THROUGHOUT THE YEAR

Retreats run across the UK through the year.

Diagnosed or undiagnosed — everyone is welcome

No formal diagnosis needed. If you think this space is for you, join us.

Real people. Shared experiences. A more authentic you. ♡

FOR MORE INFORMATION ABOUT THE NEXT RETREAT IN YOUR AREA CONTACT:

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UNDERSTANDING • ACCEPTANCE • COMMUNITY • WELLBEING • A MORE AUTHENTIC YOU