



# DIMENSIONS FOR AUTISM

**Some of the DFA meetings (below) are being held online until further notice.**

The meetings are held at the times stated. Our online meetings are being held on a platform called DISCORD. Those interested in attending need to contact Trish via her email [trishdarke.dimensionsforautism@gmail.com](mailto:trishdarke.dimensionsforautism@gmail.com) and request the DFA DISCORD link.

**Every Thursday** DFA meet up (**2.30 pm – 4.30 pm / 6.00 pm - 8.00 pm**) in various locations, online and out in the community.

The **first and fifth Thursday** (if there is one) we meet at our **Newton Abbot** online virtual room. On the **second Thursday** we have an **online evening group 6 - 8 pm** (for those that cannot attend daytime groups) and a **community outing 2.30 - 4.30 in various locations** around Devon. On the **third Thursday** we meet at our **Newton Abbot venue Royal British Legion** and on the **fourth Thursday** we meet at our **Exeter venue (The Phoenix)** from 2.30 pm - 4.30 pm.

On the **3<sup>rd</sup> Thursday** of the month DFA has its newest group for **Young adults**, this is held on **discord from 7 - 8.30 pm**

On the **first Monday** of the month (3 pm - 5 pm) DFA has its **DFA ladies' group**. This is usually based in **Exeter** at a café in town.

On the **second Friday** of the month (2.30 pm - 4.30 pm) DFA has its **DFA Barnstaple Group**, which is held in the community in Barnstaple.

On the **third Wednesday** evening of the month (6 pm - 8 pm) DFA has its **DFA ASC/LGBTQ+ group**. This group is being held online until further notice.

On the **fourth or last Monday** afternoon of the month (2.30 pm - 4.30 pm) we have the **DFA Torbay group**, which is held at Jasmy House, Midvale Road Paignton.

Please also see our website. [www.dimensionsforautism.life](http://www.dimensionsforautism.life)