



# DIMENSIONS FOR AUTISM

## March 2025

A friendly group of independent autistic adults who meet regularly for discussions, mutual support and community outings in Devon

Date	Start	End	Location*	Topic
03/03/2025	15.00	17.00	Exeter	Ladies' group (open discussion)
06/03/2025	14.30	16.30	Online	Executive Function
13/03/2025	14.30	17.00+	Community	Community outing
13/03/2025	18.00	20.00	Online	Evening Group (open discussion)
14/03/2025	14.30	16.30	Barnstaple	Open discussion
19/03/2025	18.00	20.00	Online	LGBTQ+ group (open discussion)
20/03/2025	14.30	16.30	Newton Abbot	EXTERNAL TALK: Police Vulnerable Communities Support Team
20/03/2025	19.00	20.30	Online	Younger Adults group (18+)
24/03/2025	14.30	16.30	Paignton	How to avoid Autistic Burnout
27/03/2025	14.30	16.30	Exeter	How to avoid Autistic Burnout

\* Exact meeting locations can be requested using the contact details below

+ Approximate end time – actual end time may be different

If you have any questions, contact:



[trishdarke.dimensionsforautism@gmail.com](mailto:trishdarke.dimensionsforautism@gmail.com)

For more information, visit:



[www.dimensionsforautism.life](http://www.dimensionsforautism.life)

Unfortunately DFA cannot provide support to children under 18 or adults with a learning disability

Scan this QR code to visit the DFA website:

