

# Recharge Session for Teens



**autism**  
west midlands

**We will support teens to create their own individualised plan, which they can use at home, school and out and about.**

**This 2 hour interactive session will look at:**

- **What is Autistic burnout**
- **What are the common causes**
- **How to prevent and manage burnout**
- **Guided Meditation**

**The aim of the session, is to help improve the mental health and wellbeing of Autistic Teens and raise awareness of Autistic Burnout.**

**Thursday 20th February  
10am - 12pm**

**Due to health and safety parents and carers must be contactable and stay on the premises during the session.**

**Galton Valley Childrens Centre  
Great Arthur Street Smethwick B66 1DH**