

## What's inside?

- Sensory room
- Emotional support space
- Holistic studio



### GET IN TOUCH

- ☎ 01603 620 500
- ✉ info@asperger.org.uk
- 🌐 www.asperger.org.uk
- 📍 **Asperger East Anglia**  
**The Charing Cross Centre**  
**17-19 St John**  
**Maddermarket**  
**Norwich NR2 1DN**

# Autism Wellbeing Centre

## How we help

- Listening services for emotional support
- Anxiety, anger and stress management programmes
- Holistic tools for meltdowns and stress
- Confidence-building skills
- Forming healthy friendships and relationships

## Through our

- Emotional support listeners
- Yoga, meditation, breath work, and vocalised exercises especially for Autism, led by our fully qualified Wellbeing practitioner

# Autism Wellbeing Centre



Supporting Autistic people to look after their health and wellbeing



NORWICH CONSOLIDATED CHARITIES



Asperger East Anglia

Asperger East Anglia

Registered charity No: 1074699



ALAN BOSWELL GROUP CHARITABLE TRUST



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## EMOTIONALLY WORN OUT

Do you feel constantly overwhelmed?

Do you often feel like you are out of your depth?

Trying to navigate your life in a neurotypical world is exhausting, and sometimes you need to talk to others who understand you.

Here in the Wellbeing Centre, we have a team of professional listeners, who can support you emotionally.



## IN NEED OF BALANCE

When we suffer with stress, coming from all aspects of our life, whether it's work, education or relationships - it can be too much sometimes.

You need to take time out and find your breath. At the Wellbeing Centre we will give you holistic tools, so that you are in charge of your life.

Feel free to contact us for more information



## WANTING TO CONNECT WITH OTHERS

It can sometimes feel very lonely being on the Autism spectrum.

Sometimes, what you need is to connect with others who are going through exactly what you are too.

Here at the Wellbeing Centre, we will be offering classes that will help you connect with other like-minded people.

You are not alone.