



Too Much Information Autism Awareness Session. Monday 2nd October, 2017, 10am-12pm @ Storyhouse, Chester.

Too Much Information is the current campaign from the National Autistic Society, giving an overview of what it might be like to be on the autistic spectrum. It encourages people to see things from the perspective of an autistic person and to challenge the myths, misconceptions and stereotypes that make autistic people feel so isolated and make society feel so unwelcoming. Attending this TMI session helps you to become a 'detective', looking for the reasons behind certain behaviours. It also looks at what you can do to help, if a person is experiencing a meltdown due to receiving too much information.

"Imagine feeling so overloaded that you just couldn't cope. Imagine the difference it would make if someone showed you a little kindness, rather than judging. A little understanding can go a long, long way." (NAS).

Another main aim of the session is to increase people's understanding of autism. With increased media coverage about autism, a lot of people have heard about it but actual understanding is limited. In a recent survey the NAS found that 99% of people had heard of autism, but sadly 87% of people on the autistic spectrum still feel that other people do not understand.

The session is open to anyone.

To Book please go to - <https://bookwhen.com/tmi>

For more information contact us at –

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