



DIMENSIONS FOR AUTISM

December 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
01/12/2025	15.00	17.00	Exeter	Ladies' group (open discussion)
04/12/2025	14.30	16.30	Online	Coping with change around the Christmas holiday period
11/12/2025	14.30	16.30+	Community	Community outing
11/12/2025	18.00	20.00	Online	Evening Group (open discussion)
12/12/2025	14.30	16.30	Barnstaple	Open discussion
15/12/2025	14.30	16.30	Paignton	Coping with change around the Christmas holiday period
17/12/2025	18.00	20.00	Online	LGBTQ+ group (open discussion)
18/12/2025	14.30	16.30	Newton Abbot	Tips for speaking to health professionals
18/12/2025	19.00	20.30	Online	Younger Adults group (18+)

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

+ Approximate end time – actual end time may be different

There will be no DFA group meetings from 22/12/2025 to 05/01/2025.
The DFA Discord spaces will be available throughout the holiday period.

If you have any questions, contact:



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For more information, visit:



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:

