



DIMENSIONS FOR AUTISM

February 2026

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

Date	Start	End	Location*	Topic
02/02/2026	15.00	17.00	Exeter	Ladies' group (open discussion)
05/02/2026	14.30	16.30	Online	Executive Functioning
12/02/2026	14.30	17.00+	Community	Community outing
12/02/2026	18.00	20.00	Online	Evening Group (open discussion)
13/02/2026	14.30	16.30	Barnstaple	Open discussion
18/02/2026	18.00	20.00	Online	LGBTQ+ group (open discussion)
19/02/2026	14.30	16.30	Newton Abbot	Assessment for ASC – what to expect
19/02/2026	19.00	20.30	Online	Younger Adults group (18+)
23/02/2026	14.30	16.30	Paignton	Assessment for ASC – what to expect
26/02/2026	14.30	16.30	Exeter	Improving communication

* 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:



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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:

