

UCLA CAN CLINIC

AAIM Support Group

Autistic Adults: Independence and Mental Health

Autistic Adults: Independence and Mental Health (AAIM) is a 16-week education and support group for adults with autism spectrum disorder (ASD). Our Fall 2022 group is designed to both inform and provide strategies around difficulties that may arise from being an adult with ASD.



**Wednesdays,
4:30–6pm**

**Starting Fall
2022**



Facilitated by licensed clinical psychologist Dr. Sara McCracken and CAN clinic trainees

Some insurance plans accepted for this service

Topics will include:

- Building Independence
- Goal Setting
- Coping Skills
- Mindfulness
- Neurodiversity

For More Information, contact us at:

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