

**Western Bay Integrated Autism Service**

**Virtual Autism Advice Sessions**

Slots available to book (up to 30 minutes)

**When?** Every Thursday - 9:30am, 10:30am, 11:30am & 1:15pm

**What?** This is advice for everything autism related

**What do I need?** SMART phone or laptop, webcam, secure internet connection

**Who?** Sessions are open to anyone in Swansea, Neath Port Talbot & Bridgend, 18+, with or without an Autism diagnosis

**Who is it with?** There will be two Wellbeing Support Workers present

**How?** Phone 01639 862936 or email [sbu.WBIAS@wales.nhs.uk](mailto:sbu.WBIAS@wales.nhs.uk) to book