



**Supporting autistic children and young people
to express, connect and be themselves**

Express Yourself Groups

We offer a variety of creative therapy groups from age 5+ including

- EY Groups
- EY Teens Groups
- EY Girls Groups
- EY Sibs Groups

We also offer 1:1 and family therapy



Drama/Production Clubs

Drama Club age 8-18 on Monday

Production and film club 16-25 on Thursday

Connect Club

Social Group age 16-19 and 19-25
on Saturday

Costs of sessions are heavily subsidised but as we do not receive funding we do have to pass on some of the cost.

Specialist Express Yourself Groups costs vary from £15-£25 per session depending on numbers in the group

(For Individual and family therapy costs email therapy@expresscic.org.uk)

Specialist Drama/Production Groups £15 per session

Social Group £10 per session

If costs are a barrier to attending, please contact us to discuss

Testimonials



I noticed my daughter gradually began to embrace her autistic identity and grow in confidence.

I work in a school and often refer parents to make contact with express as they have a wealth of knowledge around autism and are welcoming. They help parents feel less isolated.

We have noticed that S is so much more able to express how he is feeling, or how we are making him feel.

What an amazing team at Express, the compassion and the support they have given me and my family is incredible.

Contact us info@expresscic.org.uk
[@expresscic](https://www.instagram.com/expresscic)

[VISIT US AT EXPRESSCIC.ORG.UK](http://www.expresscic.org.uk)