

Young Adults Autism Program

Providing resources, education and clinical support to embrace your neurodiversity and improve your overall wellbeing and ability to live life in neurotypical society.

About the program

This program provides evidence-based therapy for young people aged 15 - 24 years old who are neurodiverse or have autism. The groups are delivered in a safe and welcoming space by a Clinical Psychologist focusing on key elements including behaviours, social participation, relationships, emotions and more.

Program content

- Understanding Autism
- Understanding Emotions
- Building Social Skills & Confidence
- Emotion Regulation
- Social Anxiety & Avoidance
- Healthy Relationships
- Promoting Self-Advocacy
- Autistic Burnout
- Discovering your Authentic Self
- Building your Sensory Toolkit

Who is the program for?

Young people aged 15 - 24 years old who are neurodiverse or have autism will find this group helpful to build understanding and skills to thrive in their daily lives.

When is it held?

Every Wednesday from 4:00pm to 7:15pm, over 12 weeks. A light dinner is provided.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or choose to self-fund. We ask that participants confirm any applicable out of pocket or gap costs directly with Belmont Private Hospital.

How to join

A referral from a Psychiatrist with admission rights is required to access Belmont Therapy Programs Day programs.

For information on this program please contact the Belmont Private Hospital Day Programs Team. Phone 07 3398 0270 or email belmonttherapyprograms@aurorahealth.com.au