



Exploring autistic identity through art

Relationships Australia Canberra & Region has partnered with Wagga Wagga artist, Jessica Horner, to create a workshop designed to help people with autism who identify as women rediscover a sense of identity, self-esteem and self-worth through art and autism exploration.

This project aims to provide an online support group designed for people with autism who identify as female aged between 18-40.

Connect with other people with autism in a safe, social space designed to facilitate wellbeing.

- discuss aspects of identity and trauma
- explore the various lived realities of the autistic experience
- with the aim of providing a sense of healing and identity building opportunities for participants.

To register or find out more contact:

Group Facilitator • groups@racr.org.au • (02) 6122 7100



Relationships Australia
CANBERRA & REGION

Every relationship matters.