



**Empower
Autism**

emPOWER UP Life Skills Sessions

Feb-June 2026 Schedule

	1st Tues of the Month 5:30pm	3rd Tues of the Month 5:30pm
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February	Planning & Budgeting 3rd Feb	Scheduling & Time Management 17th Feb
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March	Challenges, Strengths & Values pt. 1 3rd Mar	Challenges, Strengths & Values pt. 2 17th Mar
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April Holiday Schedule

May	Motivation Around the Home 5th May	Living Arrangements 19th May
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June	Wellbeing pt. 1 2nd June	Wellbeing pt. 2 16th June
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Register Your Interest Here!



Independence at Home
\$125 per Module

Independence in the Community
\$175 per Module

Employment Readiness
\$175 per Module