



# enrich+

*a life like any other*

*he oranga pērā tonu ki ētahi*

## A Fresh Perspective On Autism

**Do you identify as autistic?**

**Do you support or care for someone on the autism spectrum?**

**Do you interact with people on the autism spectrum in your workplace?**

**At Enrich+ our personalised and directed services provide support to autistic people (as well as their whanau, employers, and other key people in an individuals life). This support can be offered through a range of tailored programmes to suit.**

Enrich+ staff have extensive experience and specialise in working with those who identify as autistic. Our philosophy is not to adopt a 'one size fits all' approach.

We understand the people we support, and their unique and varied needs, comes first. At Enrich+, our services support people to grow through: **personal development, increased independence, positive interaction and positive community relationships.**

## Autism Groups

At Enrich+, we run four small groups (for ages five to 25) catering to those with Asperger's and autism.

**Kids+, Teens+, Youth+ and Tabletop+ ...**



### Kids+

This group is mainly for children aged between five and 10 years old, who are on the autism spectrum, or who have general social difficulties, and are usually attending mainstream schooling.

Through games, activities and discussion, we assist children to develop their social and communication skills, increase independence, make friends and support them with emotional understanding and regulation.

Working in groups, we strive to offer a 1:4 staff-to-participant ratio to support your child.



**"The happiness...the laughter we hear is awesome!"**

*(Parent of Enrich+ client)*





## Teens+

A group for 11 – 15 year olds with autism or general social difficulties, who are usually attending mainstream schooling.

Our facilitators focus on increasing social and communication skills through activities, games and discussions.

We aim to develop life skills, as well as skills needed for school (such as transitioning into high school), making friends, navigating through relationship challenges and team-building.

Working in groups, we strive to offer a 1:4 staff-to-participant ratio to support your teen. We encourage them to manage their own behaviours and independence within the group.

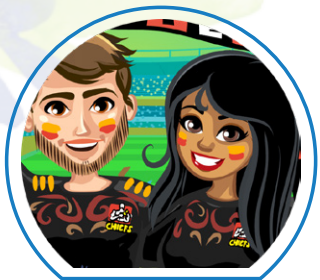


## Youth+

A group tailored for 16 – 25 year olds with autism or general social difficulties, who are able to manage their own behaviours and have a reasonable level of independence and communication.

We work in groups to develop independence, extend social circles, build friendships, and gain a sense of belonging. Essential personal and life skills, such as effective communication, working with others, and increasing cooking and other self-sufficiency skills are developed through activities, games and discussions.

Sessions are designed to develop social and life skills within a safe environment, as well as spending time in the local community, visiting places such as restaurants, shops and game centres.



## Tabletop+

Tabletop+ is for teenagers and young adults that are able to manage their own behaviours, have a reasonable level of independence and communication, and a basic level of literacy and numeracy skills.

We offer Dungeons and Dragons groups with Dungeon Masters. Dungeon Masters are also facilitators experienced in supporting people with disabilities, autism and other neurodiversities.

We aim to provide support to transfer the skills gained playing into real life. We also help those playing develop the confidence to access their own role-playing games within their local community.

## Who can attend

These groups are suitable for participants that are usually attending mainstream schooling and who are able to toilet independently. Our Autism Groups are not suitable for non-verbal individuals or for those who require 1 on 1 support.

**"I have learnt how to make friends...there are people who share my interests!"**

*(Enrich+ client)*



## OTHER SERVICES WE OFFER...

At Enrich+ we take a holistic approach to encourage social interaction, life skills, community activities and employment, and further support to foster overall wellbeing. Our help doesn't end when you finish your group sessions; our expert, innovative and passionate team can assist you in other key life areas, such as:

**Psychological Support, Autism Assessment & Education, Supported Living, Supported Employment and School Holiday Programmes.**

**For more information: Phone 0800 367 424 Email [info@enrichplus.org.nz](mailto:info@enrichplus.org.nz) or visit our website:**

**[enrichplus.org.nz](http://enrichplus.org.nz)**