

Therapy Groups (All Ages)

Autism Queensland (AQ) therapy groups support people of all ages in a safe, welcoming, and neurodiversity-affirming environment. Run by therapists, educators, and/or neurodivergent mentors, these groups are participant-led and tailored to individual needs and goals.

Our groups are designed using a structured and evidence-informed approach to support the development of a wide range of essential life skills. These include communication, social interaction, emotional regulation, relationships, daily living skills, motor development, and strategies to manage anxiety and behaviour. Where needed, families are involved to help create lasting change in everyday life.

Therapy is embedded in activities that build real-world functional skills, and encouraging participants to explore their interests.

Group activities may include:

- Creative art
- Digital art/media
- Technology
- Music
- Playing instruments
- Board games
- Roleplay games
- Video games
- LEGO®
- Reading
- Writing
- Photography
- Videography
- Video editing
- Animation
- Cooking
- Shopping
- Budgeting
- Navigating public transport
- Community outings.

Small group structure

Delivered in small group settings, our groups are designed to foster inclusion and provide opportunities for positive interactions. Additionally, this format allows for personalised, one-to-one support from therapists and mentors as needed.

Therapy groups for adults (18+)

These groups provide participating adults the chance to connect, share interests, discuss common experiences, and access evidence-informed professional support and expertise in a neurodiversity-affirming environment.

Focus areas may include: Making friends, maintaining relationships, exploration of dating, behaviour, communication, self expression, daily living activities (e.g. navigating public transport, cooking, shopping), social participation and more.



Therapy groups for school-aged children & adolescents (17 years & under)

Navigating school, friends and family, first jobs, and other challenges of adolescence can be especially overwhelming for neurodivergent people. Our groups provide a welcoming, professionally facilitated, and supportive space to form friendships, explore interests and develop essential daily living skills.

Focus areas may include: Making friends, behaviour, anxiety, communication, self expression, daily living activities (e.g. navigating public transport, cooking, shopping), social participation and more.

Therapy groups for young children (up to 7 years)

Young children are faced with a lot of changes and new experiences in the early years. It is a crucial time for life skill development. Our groups are supportive and structured, and guide participants to develop skills, engage in social interactions, and explore interests.

Focus areas may include: Transitions into school, making friends, behaviour, mealtime anxiety, communication, handwriting, developing motor skills and more.

Please note: Fees apply, NDIS funding may be used (if applicable). Not available at all AQ centres and waitlists may apply. Select groups may be delivered in community spaces or online. Contact our team for more information.



Scan QR code to view other resources, services and supports offered by Autism Queensland.

Autism Queensland is here to help—get in touch to learn more:



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