



# Understanding & supporting families of children on the Autism Spectrum

We are excited to announce the launch of **new online group workshops and individual family sessions** for parents and carers of children and young people on the Autism Spectrum.

Our course offers strategies and tools to better nurture and support families

- \* Delivered by a **Mental Health and Learning Disability Practitioner**
- \* **Evidence based** course material delivered by **experts in the field**
- \* **Awareness and understanding** of the Autism Spectrum
- \* Offers **relevant, practical** strategies and **problems solving skills**
- \* **Tools** to manage behaviour in the **home and classroom**
- \* **Positive approach to parenting** and **managing future challenges**
- \* Developing **strategies for managing behaviours & difficulties**
- \* **Structured sessions** with regular time each week
- \* Course material is **personalised** to **tackle relevant issues**
- \* Attendees feel **confident** and **empowered to look ahead positively**
- \* **Group sessions** or **private family** sessions available

## Online course details

- 10 week programme
- Delivered through MS Teams
- Term time weekly sessions
- Wednesday 930-1130am
- Cost £675 for course
- Sessions recorded and shared
- Homework and handouts provided

## Private sessions

- One to one sessions
- 2 hour weekly course sessions
- Condensed courses available
- Covers 10 week material
- £750 for course of sessions
- Homework and handouts provided