



We have just released new dates for our Adolescence workshop and Autism Course.

Adolescence

Hosted by The Autism Group:

Understanding & responding to the challenges & changes for parenting & caring for autistic teenagers.

AUTISM SUPPORT

For parents & carers of secondary school aged children - Age 11 plus.

Online: Wednesday 12th March 2025 - 10am - 12pm

Booking link : <https://www.eventbrite.co.uk/e/adolescence-tickets-1036674149287?aff=oddtcreator>

Autism Course

A 3-week course

Hosted by Parenting Special children:

Session 1: Introduction to Autism, what is Autism, Myths and facts & Assessment overview.

Session 2: Autism and Behaviour, becoming a detective, Sensory differences, Anxiety, Sleep.

Session 3: Autism and Building a Support Toolkit, Communication, Visuals and routines, Identifying and supporting emotions, De-escalation and low arousal.

AUTISM SUPPORT

For parents & carers of children up to the age of 18.

Online: Wednesday 15th, 22nd & 29th January 2025 - 7 - 9pm

Booking link : <https://parentingspecialchildren.co.uk/events/autism-course-berkshire-east/>

If you are looking for something different you can view all workshop and course availability on our website. <https://www.gems4health.com/workshops/>