



PARENT WORKSHOPS

AUTUMNM TERM

Understanding Autism An exploration of the diagnostic criteria used to diagnose your child. In this session we look closely at each area of difference to develop a better understanding of how these differences may impact your child/young person	Tuesday 26 th September 2023 10.00-11.30
Understanding Autism An exploration of the diagnostic criteria used to diagnose your child. In this session we look closely at each area of difference to develop a better understanding of how these differences may impact your child/young person	Tuesday 26 th September 2023 6.00-7.30
Preparing for Puberty and the Teenage Brain A workshop sharing resources and strategies to support your children and young people as they go through the physical and mental changes associated with adolescence and puberty.	Tuesday 10 th October 2023 10.00-11.30
Preparing for Puberty and the Teenage Brain A workshop sharing resources and strategies to support your children and young people as they go through the physical and mental changes associated with adolescence and puberty.	Tuesday 10 th October 2023 6.00-7.30
Supporting your Child with their Learning In this workshop we will be exploring ideas & strategies that might help young people to engage with learning. As well as exploring Autism, in this workshop we will also be looking at common co-occurring learning differences such as ADHD, dyslexia and dyscalculia and we will be focusing on strategies that might be used by specialist teachers in small groups or 1-to-1 that can be adapted when children are learning at home whilst engaging in homework tasks or home-schooling.	Tuesday 7 th November 2023 10.00-11.30
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It's Different for Girls A workshop looking at how girls with social communication differences can present very differently to boys and how to support them.	Tuesday 5 th December 2023 10.00-11.30
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SPRING TERM

Supporting Sensory Regulation for School Age Children Understanding your child's sensory needs and exploring strategies you can implement at home.	Tuesday 9 th January 2024 10.00-11.30
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EYS – Understanding Sensory Behaviours A workshop developing an understanding of sensory differences and behaviours, and how to create resources to support your child in meeting their sensory needs at home.	Tuesday 23 rd January 2024 1.00-2.30
Exploring the Diagnosis with your Child This workshop will focus on how you can talk to your child about the diagnosis with examples of resources you can use to develop their understanding of their strengths and needs.	Friday 23 rd February 2024 10.00-11.30
Exploring the Diagnosis with your Child This workshop will focus on how you can talk to your child about the diagnosis with examples of resources you can use to develop their understanding of their strengths and needs.	Friday 23 rd February 2024 6.00-7.30
Emotional Regulation Strategies – Part 1 (Theory) A two-part session looking at practical ways of supporting your young person to develop self-regulation strategies by creating their own toolkit to manage their responses, thoughts and feelings.	Thursday 14 th March 2024 10.00-11.30
Emotional Regulation Strategies – Part 2 (Practical) A two-part session looking at practical ways of supporting your young person to develop self-regulation strategies by creating their own toolkit to manage their responses, thoughts and feelings.	Tuesday 19 th March 2024 10.00-11.30
Emotional Regulation Strategies A two-part session looking at practical ways of supporting your young person to develop self-regulation strategies by creating their own toolkit to manage their responses, thoughts and feelings.	Tuesday 19 th March 2024 6.00-8.00
Explaining your Child's Needs to Family and Community A workshop to explore how you communicate to others in your family and across the wider community about your child's needs and unexpected behaviours. These situations can be difficult to navigate, and we want to consider some helpful suggestions.	Tuesday 26 th March 2024 10.00-11.30
Explaining your Child's Needs to Family and Community A workshop to explore how you communicate to others in your family and across the wider community about your child's needs and unexpected behaviours. These situations can be difficult to navigate, and we want to consider some helpful suggestions.	Tuesday 26 th March 2024 6.00-7.30

SUMMER TERM

Managing Anxiety A workshop to help parents/carers to understand their child's anxiety in the context of their autism diagnosis, with opportunities to discuss and explore useful strategies.	Tuesday 23 rd April 2024 10.00-11.30
Managing Anxiety A workshop to help parents/carers to understand their child's anxiety in the context of their autism diagnosis, with opportunities to discuss and explore useful strategies.	Tuesday 23 rd April 2024 6.00-7.30
Masking Masking is a term that is now more widely heard in relation to autistic and neurodivergent individuals but it is not so easy to detect or understand. In this workshop we will be exploring what is meant by autistic/neurodivergent masking, listening to first hand accounts from different individuals as they give us their unique perspectives on 'their' masking. We will consider the pros and cons for maskers and how we can support young people to manage the world in a way that is comfortable and sustainable for them.	Tuesday 14 th May 2024 10.00-11.30
Masking Masking is a term that is now more widely heard in relation to autistic and neurodivergent individuals but it is not so easy to detect or understand. In this workshop we will be exploring what is meant by autistic/neurodivergent masking, listening to first hand accounts from different individuals as they give us their unique perspectives on 'their' masking. We will consider the pros and cons for maskers and how we can support young people to manage the world in a way that is comfortable and sustainable for them.	Tuesday 14 th May 2024 6.00-7.30
Preparing for Transition to Secondary School A workshop looking at how to plan for change and support independence as your young person prepares for secondary school.	Tuesday 11 th June 2024 10.00-11.30
Preparing for Transition to Secondary School A workshop looking at how to plan for change and support independence as your young person prepares for secondary school.	Tuesday 11 th June 2024 6.00-7.30
Exploring Difficulties with Eating and Sleeping In this new workshop we will be exploring the difficulties many of our young people may have with the everyday life sustaining routines around eating and sleeping. Many neurodivergent individuals struggle in these areas and we will be considering why difficulties occur and looking at research based interventions and strategies that may help to establish and sustain good sleeping and eating habits. This session will be focused on young people aged 10 and over.	Tuesday 11 th June 2024 10.00-11.30

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