

Autism and Complex Needs Team Parent Workshops

All parents are welcome to attend. Parents can pick and choose which sessions they feel will be most useful to them. Alongside the workshop being offered it is our hope that by attending these workshops we can support parents to develop a support network of parents in similar situations to themselves.

Dates	Times	Topic
12 th January 2023	10 – 12:30	What is Autism?
17 th January 2023	10 – 12:30	Sensory Processing Differences
24 th January 2023	10 – 12:30	Supporting Distressed Behaviours
7 th February 2023	10 – 12:30	Puberty/Adolescence
23 rd February 2023	10 – 12:30	Autism and Anxiety
28 th February 2023	10 – 12:30	Home to School/School to Home (Going out) Transitions
9 th March 2023	10 – 12:30	Sleep
16 th March 2023	10 – 12:30	Parental Stress, Coping Strategies and available support.

All Workshops will take place at PDC Formby, 225, Park Rd Formby L37 6EW.
To book a place free of charge please email ASD.ParentTraining@sefton.gov.uk. and specify which workshops you would like to attend.

