

# “Parent Toolkits”

Free autism training from The Autism Group



## 1 Managing Emotions

How to help young people on the spectrum to understand and respond to powerful feelings such as anger, sadness and anxiety. Suitable for parents of primary and secondary school age.

**Monday July 10th, 6.30pm - 8.30pm**

## 2 Transition to Adulthood

Exploring steps towards independence for young people on the spectrum.

Suitable for parents of children aged 14 and over.

**Thursday July 13th, 10.00am - 12.00pm**

### Follow up session

**Tuesday July 18th, 10.00am - 12.00pm**

This is a follow up workshop for those attending training on either the 10th or 13th July.

### WHERE?

All sessions at

**Burnham Park Hall, Windsor Lane, Burnham SL1 7HR**

### Featuring:

- Two-hour sessions offering information, ideas and widely tried and trusted strategies designed to equip carers with the knowledge and confidence they need to better respond to the needs of people on the spectrum.
- Interactive sessions delivered in a friendly, relaxed style by qualified autism professionals who can also share their own experiences as parents of people on the spectrum.
- Suitable for anyone living and caring for someone newly diagnosed with autism, those facing new life stage challenges or simply wanting to refresh their knowledge and understanding.

To book a place contact

**Tricia Kempton at [tricia@theautismgroup.org.uk](mailto:tricia@theautismgroup.org.uk)**

**Call or text 07423 636339**

**[www.theautismgroup.org.uk](http://www.theautismgroup.org.uk)**

Parents say...

*“Superb workshops”*

*“Was great to be with people who get it”*

Charity registration 1166787

**PLEASE  
BOOK IN  
ADVANCE AS  
PLACES ARE  
LIMITED!**