



## Upcoming workshops and courses.

To reserve your space please use the booking link under each workshop or course.

### **Empowering Calm**

Hosted by The Autism Group:

Understanding and responding to distressed behaviour in autistic young people' with the aims being; To understand physical responses to anxiety, distress and overwhelm. To explore what this might look like and think about who is challenging who! To learn some strategies to try to help.

AUTISM SUPPORT - For parents & carers of primary & secondary school aged children.

Online: Thursday 30th January 2025 - Extra spaces now available - 10am - 12pm

Booking link - <https://www.eventbrite.co.uk/e/empowering-calm-tickets-1036682403977?aff=oddtcreator>

### **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>

## **ADHD Teens**

Hosted by Parenting Special Children:

Exploring the challenges and concerns, strengths and opportunities. Supporting our teenagers through change and managing risks. Identity, Self-Esteem, Independence and Responsibility. Staying Connected - Communication and Relationships.

ADHD SUPPORT - Parents & carers of secondary school aged children. Suitable for parents & carers who have previously attended ADHD courses.

Online: Thursday 27th March 2025 - 7pm - 9pm

Booking link - <https://parentingspecialchildren.co.uk/events/teens-and-adhd-berkshire-east-mar-2025/>

## **Sleep - Autism & ADHD**

Hosted by Parenting Special Children:

The workshop will cover: Children's sleep cycles and sleep needs, The reasons behind night settling and night waking, Strategies to feel less stressed when sleep training, new parenting strategies for settling your child to sleep, and staying asleep.

AUTISM and or ADHD -For Parents & carers of pre-school, primary & secondary school aged children.

Online: Wednesday 5th February 2025 - 7 - 9pm

Booking link - <https://parentingspecialchildren.co.uk/events/sleep-autism-adhd-berkshire-east-feb-2025/>

## **Girls & Autism**

Hosted by The Autism Group:

A look at the behaviours & challenges that may be experienced by autistic girls.

AUTISM SUPPORT - For parents & carers of primary & secondary school aged children

Online: Tuesday 11th February 2025 - 10am - 12pm

Booking link : <https://www.eventbrite.co.uk/e/girls-and-autism-tickets-1036670227557?aff=oddtcreator>