



We are delighted to announce we have released a one-off workshop called Navigating School Avoidance.

Navigating School Avoidance

Hosted by the Autism Group:

To understand what EBSA/ERSA is. Recognising potential early signs in our children. Exploring strategies to support our children. Encouraging questions and sharing experiences.

AUTISM or DUAL SUPPORT

For parents & carers of primary & secondary school aged children.

Online: Wednesday 26th February 2025 - 10am - 12pm

Booking link : <https://www.eventbrite.co.uk/e/navigating-school-avoidance-tickets-1203190096969?aff=oddtcreator>

We have also just released a new date for our Managing Anxiety workshop.

Managing Anxiety

Hosted by The Autism Group:

What to do when worries take over. Looking at what causes anxiety & some tried & tested strategies to tackle it.

AUTISM or DUAL SUPPORT

For parents & carers of primary & secondary school aged children.

Online: Wednesday 23rd April 2025 - 10am - 12pm

Booking link : <https://www.eventbrite.co.uk/e/managing-anxiety-tickets-1036680107107?aff=oddtcreator>

We have many other available workshops if the above do not suit your needs. Please take a look at our website.

<https://www.gems4health.com/workshops/>