

Do you parent or care for a child, young person or adult living with autism? If so, this might be just the opportunity for you!

Join our FREE monthly course, peer support and Q&A sessions to learn more about autism, parenting strategies & common challenges, and to meet other families living similar lives.

Every month we will host a 2 hour session, comprising of a 1 hour skills building course delivered by Autism Information and Advice's trained staff and a 1 hour peer support session. Plus, a Q&A opportunity with Karen Airey of Spectrum Heads!

The course will cover: what to look out for if you believe your child may be autistic, insight into professional language to empower you as a parent or carer, practical behaviour, communication, and mental and physical well-being advice, strategies and top tips, preparing for emergencies, and information around schooling, employment and embracing the positives of autism.

2022

Courses will run via Zoom between 10am and 12pm on the following dates:

31st January

28th March

30th May

and between 12pm and 2pm on the following dates:

28th February

25th April

27th June



*This opportunity is for residents of Derby and Derbyshire.

These sessions have been co-produced with experts by experience, parents, and professionals.

Interested in taking part? Contact Autism Information and Advice:

Email: autismservice@citizensadvicemidmercia.org.uk

Call: 01332 228 790

