



Transforming Care for children and young people with learning disabilities and/or autism and challenging behaviour

Autism Seminars for Families: Understanding Autism and Managing Anger

FREE seminars that provides information and advice to parents and carers of children and young people with autism.



Tuesday 21st June 2016 – 10am to 2.30pm – Understanding Autism
Wednesday 22nd June 2016 – 10am until 2.30pm – Managing Anger
at

Independent Living Centre, Bernard Way, Newport, IOW
(Next to the Royal Mail sorting office)

Autism Seminars for Families are based on the highly successful help! programme that was developed by The National Autistic Society (NAS) in 2002. We are pleased to be able to offer these **FREE** seminars to families. You can come along to both sessions or choose just the one you are most interested in. **Places are limited so book quickly!**

Understanding autism aims to support families to develop an understanding of autism, share experiences of diagnosis, identify how autism can impact on families and explore practical ideas for developing communication strategies.

Managing Anger looks at ways to manage distressed behaviours and potential meltdowns. The seminar looks at why children with autism may experience anger and explores the use of a low arousal approach to support their communication and behaviour. It provides parents with tools to equip themselves and their children with practical and safe ways to understand and communicate their feelings and cope with meltdowns.

For further information please telephone 01983 823898 ext 2838 or email amanda@peoplesmatteriw.org