



Funded by
Warwickshire County Council

**actfor
autism**



FREE workshop series dedicated to supporting parents and carers of autistic adults and children

Act for Autism in collaboration with Coventry and Warwickshire Mind are offering a series of Warwickshire County Council commissioned workshops as part of the Community Autism Support Service (CASS). Act for Autism is a social enterprise providing unique insights into autism through specialist workshops and coaching.

Course one: Connecting with the autistic adult you live with or care for

A two-part workshop for carers/parent of autistic adults 18+.

What you can expect:

- The two-part workshop will be led by two qualified Act For Autism trainers
- Share 20 years of knowledge, research, experience and parenting
- Delivered with passion and drive, you'll leave feeling energised
- Will include the voice of autistic advocates
- Will include time for reflection and discussion

Benefits:

By attending this two-part workshop you will gain a greater understanding of:

- Autism in the context of the adult – what is the context and why challenges may present?
- Autism from a sensory perspective – exploring the sensory system and getting participants to ‘walk in the shoes’ of the autistic experience
- Adult sense of self and challenges that present with autism
- Family dynamics and the responsibility of the family for the autistic adult's wellbeing
- The 3 C pathway and how to use it to support yourself first then the autistic adult in your family/care
- The value of Clear Time – 10 minutes each to be really listened to in relation to a current situation that may be a cause for concern
- The importance of celebrating difference, uniqueness and ambition
- The value of setting goals

Venue: This course is online

Cost: FREE

July 2021		October 2021	
Session 1:	15th July 2–5pm	Session 1:	6th Oct 7–9pm
Session 2:	29th July 2–5pm	Session 2:	20th Oct 7–9pm
September 2021		November 2021	
Session 1:	9th Sep 10am–12pm	Session 1:	6th Nov 10am–12pm
Session 2:	23rd Sep 10am–12pm	Session 2:	20th Nov 10am–12pm

To book your place:

[Please register through Eventbrite](#) to get your ‘free ticket’.

Numbers are limited for this course. Prior to the course commencing you will receive the initial paperwork followed by the link to the workshop.

Course two: Young people and adults dealing with transition

A two-hour workshop for professionals supporting autistic individuals with transition.

What you can expect:

- The workshop will be led by two qualified Act For Autism trainers
- Share 20 years of knowledge, research, experience and parenting
- Delivered with passion and drive
- Will include the voice of autistic advocates
- Will include time for reflection and discussion

Benefits:

By attending this workshop, you will:

- Understand neurodevelopmental conditions including autism
- Understand the science behind the challenge with transition
- Gain skills to support the autistic individuals in your service
- Help students transition through different education settings
- Help improve attendance at school
- Reduce anxiety
- Help prevent escalation of mental health issues
- Help manage life transitions

Venue: This course is online

Cost: FREE

July 2021	
	Tuesday 20th July 10.00am–12.00pm
November 2021	
	Monday 1st November 10.00am–12.00pm

To book your place:

[Please register through Eventbrite](#) to get your ‘free ticket’.

Numbers are limited for this course. Prior to the course commencing you will receive the initial paperwork followed by the link to the workshop.

Course three: Connecting with autistic girls

A two-hour workshop for parents and professionals supporting autistic girls.

This workshop will help with:

- Gaining a better understanding of the neurodevelopmental condition
- Providing advice on developing / maintaining relationships
- Developing knowledge on how to support individuals in their home environment
- Developing knowledge on how to support individuals to maintain education and how to see improvement
- Increasing attendance at school
- Reducing anxiety
- Building resilience and emotional self-regulation (improving emotional wellbeing)
- Preventing escalation of mental health issues
- Sleep
- Eating

Venue: This course is online

Cost: FREE

Dates:

July 2021
Friday 16th July 2021 10.00am–12.00pm
October 2021
Monday 4th October 2021 10.00am–12.00pm

To book your place:

[Please register through Eventbrite](#) to get your 'free ticket'.

Numbers are limited for this course. Prior to the course commencing you will receive the initial paperwork followed by the link to the workshop.

These workshops are delivered as part of CASS – the Community Autism Support Service. For more information call (024) 7663 1835 or email autismsupport@cwmind.org.uk