

LUTON



PARENT / CARER

WORKSHOPS

ANXIETY & BEHAVIOUR

THURSDAY 6TH MAY 2021
10AM - 1PM

A workshop to explain the impact of autism on regulating behaviour, offering advice on how to support autistic individuals of all ages

Explore and understand:

- the difficulties autism may cause in regulating behaviours
- how to adapt environments & practices to meet the needs of autistic individuals
- strategies for managing difficult situations

SENSORY PROCESSING

TUESDAY 8TH JUNE 2021
6PM - 9PM

A workshop exploring the relationship between autism and sensory processing.

Explore and understand:

- the impact of sensory processing differences on the lives of autistic individuals
- resources and strategies to support health and wellbeing where there are sensory challenges
- when to ask for professional input

WOMEN AND GIRLS

WEDNESDAY 7TH JULY 2021
6PM - 9PM

A workshop providing information about the differences often found in the 'female' or 'internalised' presentation of autism

Explore and understand:

- the way autism affects women and girls and why this can delay diagnosis
- how to adapt environments and practices to meet the specific needs of autistic women and girls
- resources and strategies for supporting autistic women and girls

FREE

"These workshops have been a godsend, and had a breakthrough in preventing a full blown meltdown!"

DEMAND AVOIDANCE

WEDNESDAY 26TH MAY 2021
10AM - 1PM

A workshop providing information about the demand avoidant presentation of autism

Explore and understand:

- what is meant by 'demand avoidance' in relation to autism and the controversy over the 'PDA' diagnosis
- the role of anxiety in creating demand avoidant behaviour
- how to prevent and manage demand avoidant behaviour

COMMUNICATION

TUESDAY 24TH JUNE 2021
10AM - 1PM

A workshop providing information on different communication tools and approaches

Explore and understand:

- the challenges of communication
- implementing social stories and comic strip conversations
- using visual resources to help aid communication

**FOR MORE INFORMATION AND TO BOOK
PLEASE CONTACT THE CHILDREN'S
SERVICES TEAM**

✉ enquiries@autismbeds.org

☎ 01234 214871

🌐 www.autismbedfordshire.net

YOU MUST BE A RESIDENT OF LUTON BOROUGH IN ORDER TO ACCESS THIS SUPPORT