

BEING A PARENT- AUTISM

A COURSE FOR PARENTS/CARERS, DELIVERED BY LOCAL PARENTS

COME TOGETHER TO SHARE YOUR IDEAS AND EXPERIENCES WITH PARENTS WHOSE FAMILIES ARE ALSO AFFECTED BY AUTISM

BAP-Autism helps to reduce family stresses and improves parental confidence.

- Learn how to encourage good behaviours and how to share more fun times together.
- Learn strategies to support changes with your child's behaviours which helps to reduce those everyday family stresses.
- It promotes self-care showing that there is no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

**FOR PARENTS OR CARERS OF CHILDREN
AND YOUNG ADULTS AGED 2-19 YEARS
COURSE LENGTH- 10 WEEKS, 2.5 HRS PER WEEK**

Contact your local
Family Hub To
book your place



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