

# FREE 'In person' Workshop

## Emotional Wellbeing for Parents of Autistic Children

Tuesday 23rd September 2025

10:00am – 11:30am

At: Autism Hub, Gordon St,  
South Shields NE33 4JP



Let's make time for you! This workshop, presented by team members, Katherine and Kerry, will give you the opportunity to learn how to manage and improve your own emotional wellbeing.

You will learn some new coping techniques and strategies that you can use when you are feeling overwhelmed, as well as discovering ways to fit in some “realistic self-care.” These tips can also be used with children and young people, as well as other family members around you.

## Book your place

If you are interested in joining, please book your place by emailing [autismhub@ttht.co.uk](mailto:autismhub@ttht.co.uk) or calling 0191 816 0550

(Please leave a voice message, missed calls can not be replied to)

**Please note: This workshop is for families living in the South Tyneside area.**

