

Information Workshops



Autism Hampshire will be holding 6 FREE TO ACCESS Autism Support and Information workshops for families of children and young people who are awaiting an autism assessment in Southampton

Please get in contact to book a place if your child is awaiting a CAMHS referral / assessment



Workshop Details

The aim of the sessions is to provide insight, advice and support prior or during a child's assessment and diagnosis. Each session will explore a different aspect of your child's unique way of experiencing the world, and suggest practical ways in which their differences can be accommodated and supported.

What will happen at the group?

Each workshop is 3 hours long. The first part consists of a presentation after which there will be an opportunity for questions. The workshops are open to family members and others closely associated with the care and support of the child.

The course is not open to professionals unless they are attending in their capacity as parent or carer.



Schedule:

Workshop 1 - Introduction into Autism

This session will provide some general context for the other sessions.

Workshop 2 - Thinking

Explores differences in brain structure and how this generates some unique styles of thinking. It includes some practical suggestions on how to support areas of difficulty.

Workshop 3 - Communication

Discussing autistic perspectives on the use and processing of communication and strategies for adapting interactions.

Workshop 4 - Social Interaction

A focus on rethinking social expectations concerning your child and developing relationships.

Workshop 5 - Sensory Perception

Looking at sensory perception, how it manifests itself in behaviour, and strategies to either alert or calm your child as appropriate.

Workshop 6 - Behaviour

Explore how accepting, understanding and adapting to how your child sees the world can dramatically reduce anxiety and behaviours of concern.

COURSE DETAILS:

- Courses will be running between 19th April 2021 and 30th July 2021
- There will be courses running as morning sessions OR afternoon sessions OR evening sessions
- Your 6 sessions will run at the same time of the day each session

These sessions will all be held virtually. After you have received confirmation of booking you will be sent a link to join.

We understand that you may have some distractions that can impact on your attendance at these sessions, we are happy for you to switch off your camera and/or microphone if you have children at home or other distractions!

To book a place please contact Autism Hampshire by email:

trainingadmin@autismhampshire.org.uk

Please provide details of:

- confirmation you are a Southampton resident
- Number of places you are requesting
- Preference for morning, afternoon or evening sessions

We will then contact you with a list of course dates for you to confirm your place

Due to the volume of bookings we take for our Parent workshops, once booked on a course, we will not be able to change individual sessions for different dates so please consider a suitable

course once the dates are sent to you.

