

# 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](mailto: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—**COURSE NUMBER**

**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.**



# May—July COURSE DATES:

## Group 1 9:15-12:15pm

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Session 1	10.5.21
Session 2	17.5.21
Session 3	24.5.21
Session 4	14.6.21
Session 5	21.6.21
Session 6	28.6.21

## Group 2 6-9pm

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Session 1	10.5.21
Session 2	17.5.21
Session 3	24.5.21
Session 4	14.6.21
Session 5	21.6.21
Session 6	28.6.21

## Group 3 9:15-12:15pm

Session 1	11.5.21
Session 2	18.5.21
Session 3	25.5.21
Session 4	1.6.21
Session 5	8.6.21
Session 6	22.6.21

## Group 4 9:15-12:15pm

Session 1	13.5.21
Session 2	20.5.21
Session 3	27.5.21
Session 4	3.6.21
Session 5	10.6.21
Session 6	24.6.21

## Group 5 9:15-12:15pm

Session 1	13.5.21
Session 2	20.5.21
Session 3	27.5.21
Session 4	3.6.21
Session 5	10.6.21
Session 6	17.6.21

## Group 6 9:15-12:15pm

Session 1	13.5.21
Session 2	27.5.21
Session 3	3.6.21
Session 4	17.6.21
Session 5	24.6.21
Session 6	1.7.21

## Group 7 9:15-12:15pm

Session 1	14.5.21
Session 2	21.5.21
Session 3	28.5.21
Session 4	4.6.21
Session 5	11.6.21
Session 6	18.6.21

## Group 8 9:15-12:15pm

Session 1	14.5.21
Session 2	21.5.21
Session 3	28.5.21
Session 4	4.6.21
Session 5	11.6.21
Session 6	18.6.21

## Group 9 9:15-12:15pm

Session 1	17.5.21
Session 2	24.5.21
Session 3	7.6.21
Session 4	14.6.21
Session 5	21.6.21
Session 6	28.6.21



**Group 10**  
**9:15-12:15pm**

Session 1	18.5.21
Session 2	25.5.21
Session 3	1.6.21
Session 4	8.6.21
Session 5	15.6.21
Session 6	22.6.21

**Group 11**  
**6-9pm**

Session 1	11.5.21
Session 2	18.5.21
Session 3	25.5.21
Session 4	1.6.21
Session 5	8.6.21
Session 6	15.6.21

**Group 12**  
**9:15-12:15pm**

Session 1	26.5.21
Session 2	2.6.21
Session 3	9.6.21
Session 4	16.6.21
Session 5	23.6.21
Session 6	30.6.21

**Group 13**  
**9:15-12:15pm**

Session 1	27.5.21
Session 2	3.6.21
Session 3	10.6.21
Session 4	17.6.21
Session 5	24.6.21
Session 6	1.7.21

**Group 14**  
**6-9pm**

Session 1	3.6.21
Session 2	17.6.21
Session 3	1.7.21
Session 4	8.7.21
Session 5	15.7.21
Session 6	22.7.21

**Group 15**  
**9:15-12:15pm**

Session 1	1.6.21
Session 2	15.6.21
Session 3	29.6.21
Session 4	6.7.21
Session 5	13.7.21
Session 6	20.7.21

**Group 16**  
**9:15-12:15pm**

Session 1	17.6.21
Session 2	25.6.21
Session 3	1.7.21
Session 4	8.7.21
Session 5	15.7.21
Session 6	22.7.21

**Group 17**  
**6-9pm**

Session 1	28.6.21
Session 2	29.6.21
Session 3	5.7.21
Session 4	6.7.21
Session 5	12.7.21
Session 6	13.7.21

**Group 18**  
**9:15-12:15pm**

Session 1	5.7.21
Session 2	8.7.21
Session 3	12.7.21
Session 4	15.7.21
Session 5	19.7.21
Session 6	22.7.21

