

# Programme of Free Parent Toolkits

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The Autism Group is committed to supporting and enhancing the lives of young people on the spectrum, their parents, and carers. The Charity is led by a team of qualified autism professionals who have family members on the spectrum, offering autism training, 1-1 home autism as well as social opportunities for young people aged 9-25.

These toolkits are open to parents and carers living in East Berkshire and are funded by the NHS East Berks CCG.

Toolkit Title	Description of Workshop	Who for?
<b>Understanding Behaviour - Making Sense of Sensory Differences</b>	We examine the overlooked sensory causes behind challenging behaviour, and how to recognise and respond to them.	Ideal for parents and carers who want to understand the core strengths and difficulties of autism and how best to support their child or young person. Suitable for any age.
<b>Adolescence</b>	Understanding and responding to the changes and challenges of parenting and caring for teenagers on the spectrum.	Suitable for parents and carers of young people aged 10 upwards.
<b>Girls on the Spectrum</b>	A look at how autism affects girls and young women, why it can be difficult to diagnose and how best to support the unique pattern of behaviours of females on the spectrum.	Suitable for parents and carers of primary and secondary school aged girls and young women
<b>High Alert! When Anxiety strikes</b>	What to do when worries take over. We take a look at what causes anxiety and some tried and tested strategies to tackle it.	Suitable for parents and carers of primary and secondary school aged children and young people
<b>Emotion Explosion! When Anger Strikes</b>	We take a look at the causes behind challenging behaviour along with tried and tested strategies to manage meltdowns and angry outbursts	Suitable for parents and carers of primary and secondary school aged children and young people
<b>What about Me? Siblings and Autism</b>	What is it like to grow up with a sibling on the spectrum? How can we help young people to better understand and thrive in an autism friendly family?	Suitable for parents and carers of primary and secondary school aged children and young people

Each toolkit is 2 hours long but we invite you to stay for an optional extra half hour informal Q&A session over a cuppa at the end.

Toolkit Title	Date and Time	Venue
<b>Understanding Behaviour - Making Sense of Sensory Differences</b>	Wed 11th September 2019 10-12 noon	 Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR
<b>Girls on the Spectrum</b>	Wed 25th September 2019 6.30-8.30 pm	 Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR
<b>Adolescence</b>	Thurs 3rd October 2019 10-12 noon	 Braywick Heath Nurseries, 41 Braywick Rd, Maidenhead, SL6 1DX
<b>High Alert! When Anxiety strikes</b>	Thurs 17th October 2019 6.30-8.30 pm	 Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR
<b>Emotion Explosion! When Anger Strikes</b>	Wed 6th November 2019 10-12 noon	 Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR
<b>Girls on the Spectrum</b>	Thurs 21st November 2019 10-12 noon	 Braywick Heath Nurseries, 41 Braywick Rd, Maidenhead, SL6 1DX
<b>Adolescence</b>	Thurs 16th January 2020 10-12 noon	 Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR
<b>High Alert! When Anxiety strikes</b>	Wed 29th January 2020 10-12 noon	 Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR
<b>Emotion Explosion! When Anger Strikes</b>	Thurs 13th February 2020 6.30-8.30 pm	 Braywick Heath Nurseries, 41 Braywick Rd, Maidenhead, SL6 1DX
<b>What about Me? Siblings and Autism</b>	Thurs 27th February 2020 10-12 noon	 Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR
<b>Understanding Behaviour - Making Sense of Sensory Differences</b>	Wed 11th March 2020 6.30-8.30 pm	 Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR

For any enquiries and bookings, please contact Becky Peates  
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We look forward to welcoming you.

Charity registration 1166787

This service was commissioned by the CCG in the East of Berkshire