

# AUTISM SUPPORT & INFORMATION WORKSHOP



Autism Hampshire in partnership with Southampton City Council will be holding 5 free Autism Support and Information workshops for families of children and young people with autism, across Southampton.



## Workshop Details

The aim of the sessions are to provide advice and support on the various aspects of autism that parents could encounter during a child's assessment or following their diagnosis. Each session will cover a different aspect of autism with the aim of increasing the understanding of each child's unique way of looking at the world, and how this may show itself in how a child behaves.



It is beneficial to start at the beginning and work through the 5 sessions, as they are designed to create a context for the final session which focuses on behaviour. If, however, you are unable to attend any of the workshops, there will be the option to catch up on the next course.

## What will happen at the group?

Each workshop session is 2 ½ hours long. The first part consists of a presentation after which there will be an opportunity to put questions to a panel comprising representatives from Autism Hampshire and a person experienced in workshop's key topic.



If you prefer a less public forum, you may also book a 5 minute 1:1 slot with any of the panel members.

# SCHEDULE

## Workshop 1 - Introduction into Autism

This session will give a brief overview and understanding of autism.

## Workshop 2 - Communication

This session will be focused around speech, language and the links with behaviour and support strategies for developing communication.

## Workshop 3 - Social Interaction

During this session social Interaction, bullying & anxiety will be discussed.

## Workshop 4 - Sensory Perception

During this session we will be looking at sensory perception, including relationships with food, associated behaviour and anxiety.

## Workshop 5 - Behaviour

This session will focus on behaviour and anxiety.

# COURSE DATES

	Autism Induction	Communication	Social Interaction	Sensory	Behaviour
A1 & A2	07/07/2017	14/07/2017	21/07/2017	08/09/2017	15/09/2017
B1 & B2	06/10/2017	13/10/2017	20/10/2017	27/10/2017	03/11/2017
C1 & C2	10/11/2017	17/11/2017	24/11/2017	12/01/2018	19/01/2018
D2 & D3	26/01/2018	02/02/2018	09/02/2018	16/02/2018	02/03/2018

Sessions will be held at different times during the day. Sessions 1 will be held from 9:30am-12pm. Sessions 2 will be held from 1pm to 3:30pm. Sessions 3 will be held from 5:30pm to 8pm. The venue details will be confirmed at the time of booking.

## Booking Information

T 02380 766 162

E [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk)

