



Wednesday 8th March 2023

10:00am - 11:30am

FREE

for
Herefordshire &
Worcestershire
Parents &
Carers

via Microsoft
'Teams'

Autism and Anxiety

As part of our pilot service of support for 14-18 year olds, with a recent autism diagnosis, we are offering this training session around autism and anxiety.

Free for Herefordshire and Worcestershire parents/carers with a recently diagnosed teenager.

Including

- What anxiety is
- Autism and anxiety
- Managing anxiety

This training is open to any parent or carer in Herefordshire and Worcestershire with a recently diagnosed autistic teenager.

To book and for more information please visit:

<https://www.autismwestmidlands.org.uk/events>