

Autism and Anxiety Training for Parent Carers of Children Under 18

This training is for parent carers of children aged 18 and under who have been accepted for assessment on the Umbrella Pathway or who have received a diagnosis of autism.

Autism and Anxiety Issues consists of the following:

- Recognise that someone is experiencing anxiety
- Understand what anxiety is
- Recognise the different ways anxiety may impact on someone
- Understand how to minimise anxiety in an autistic person
- Identify strategies that may help

Course aims: To explore autism and anxiety difficulties and cover the following areas:

- Information: An introduction to autism and anxiety.
- Impact: Learn how to recognise that someone is experiencing anxiety difficulties and how this might affect you in your professional or personal life.
- Participants will be able to understand better why autistic individuals experience anxiety difficulties and will gain practical knowledge of strategies to enable them be more effective in working with autistic individuals when they are becoming or are anxious.

Date	Time	Venue
Thursday 26 th September	6-9pm	County Hall, Worcester
Tuesday 15 th October	6-9pm	Pershore Riverside Youth Centre
Wednesday 23 rd October	10-1pm	Parkside Hall, Bromsgrove
Tuesday 5 th November	6-9pm	Kidderminster Youth Trust
Friday 15 th November	10-1pm	County Hall, Worcester
Thursday 16 th January	10-1pm	Willow Trees Community Centre, Redditch
Friday 31 st January	10-1pm	County Hall, Worcester
Tuesday 4 th February	6-9pm	County Hall, Worcester
Wednesday 12 th February	10-1pm	Parkside Hall, Bromsgrove
Tuesday 3 rd March	10-1pm	Willow Trees Community Centre, Redditch
Thursday 19 th March	10-1pm	Museum of Carpet, Kidderminster

To book a place on one of the above sessions please email: chsju@worcestershire.gov.uk

Please note places are limited.