

Do you have a child with a diagnosis of Autism?

Are they aged between 10 and 16 years?

Would you like to find out more about autism and supporting your child through their teenage years?

Teen Life Parent Course

ABOUT THE COURSE

Teen Life is a £free course for parents who have an autistic child aged between 10 - 16. The course is open to families either living in Hackney or with a child attending a Hackney School.

The course can be attended by 2 people per child + a member of the school setting if appropriate & available.

TOPICS COVERED

- **Session 1** – Understanding autism in teenagers, Hidden presentation, Autistic perspectives
- **Session 2** – Self-esteem, Spending time with other people
- **Session 3** – Stress and anxiety, Understanding behaviour
- **Session 4** – Understanding your diagnosis, Understanding intense interests, Managing expectations
- **Session 5** – Puberty
- **Session 6** - Independence skills, Education, Planning for the future

DATES, VENUE & HOW TO BOOK

The course runs weekly for 6 weeks starting on the following dates:

- **Monday 6th November**- Online
18:30 - 20:30
- **Tuesday 9th January** - In Person at Hackney Service Centre E8 1DY
10:00 - 12:00
- **Wednesday 17th April** In Person - Mossbourne Community Academy
16:00 - 18:00
- **Tuesday 4th June** In Person at Hackney Service Centre E8 1DY
10:00 - 12:00

Book on via this link: <https://tinyurl.com/8dfrbn5p>.
or by emailing the facilitators below.

Feedback From Parents/Carers

"I learned so much with this teen program"

"The presenters are absolutely welcoming, approachable and very professional, I felt at ease and understood."

"Rhiannon and Fay have been amazing and the programme life-changing!"