



September 2022 – June 2023

Tel: 028 37566777 or autismservices@southerntrust.hscni.net

Where	When	What	Why
These sessions are held virtually via ZOOM The code will be provided before each delivery to those who have booked a place	On the First Wednesday of each month at 5.00pm – 6.00pm	Staff from Autism Services will host this group and plan a range of topics to support parents and carers. <ul style="list-style-type: none"> • Introduction • Guest Speaker • Questions 	To support parents and carers in their implementation of autism specific strategies.
Dates			Who
September	7 th	Top Tips Emotional Health and Wellbeing for parents and carers. Ashleigh & Olive	This zoom group is open to Parents/Carers of children who feel autism information and strategies would be useful to help support their young person and better understand their needs.
October	5 th	Sensory Strategies to address self-regulation Pauline Corr	
November	2 nd	Autism & Mental Health Anna McGovern	
December	7 th	Autism within family relationships Anthony Watson	
January	4 th	Autism & Anxiety Joanne Menary	
February	1 st	Sleep Workshop Louise Collen & Natalie Gribben	
March	1 st	Communication & Autism Chloe Deverell	
April	5 th	A conversation around eating Pauline Corr & Anthony Watson	
May	3 rd	What does behaviour tell us? Olive Nelson	
June	7 th	Let's think about summer Ashleigh Crothers & Olive Nelson	