

Parent Toolkit

Free autism training from The Autism Group



Managing Emotions

How to help young people on the spectrum to recognise and respond to powerful feelings such as anger, sadness and anxiety.

Suitable for parents and carers of children of primary or secondary school age.

WHEN?

Wednesday March 27th 2019
10 am to 12 noon

WHERE?

Bracknell Open Learning Centre
Rectory Lane
Bracknell RG12 7GR

- † Suitable for anyone living or caring for someone with autism, whether newly diagnosed, facing new life stage challenges or simply wanting to refresh their knowledge and understanding.
- † A 2 hour session packed with information and ideas to better equip carers in responding to the needs of those on the spectrum.
- † Friendly, interactive style delivered by qualified autism trainers who can also share their own experience as parents of people on the spectrum.

To book a place contact
Tricia Kempton at tricia@theautismgroup.org.uk
Call or text 07423 636339
www.theautismgroup.org.uk
[facebook.com/theautismgroup](https://www.facebook.com/theautismgroup)

Parents say...

"Trainers so knowledgeable and friendly - thank you"

"An amazing service"

"Help at last - thank you!"

Charity registration 1166787

**PLEASE
BOOK IN
ADVANCE AS
PLACES ARE
LIMITED!**