



Autism Hampshire is holding a course of six free Autism Support and Information workshops for families of autistic children and young people, across Hampshire.

### Workshop Details

- The aim of the course is to provide insight, advice and support prior, during or post a child's assessment and diagnosis.
- Each session will explore a child's unique way of experiencing the world, and suggest practical ways in which their differences can be accommodated and supported.
- The focus will be on nurturing the autistic child and their characteristics rather than teaching them to 'mask' or 'pass for normal'.

### Workshop Format

Each workshop is three hours long. The first part consists of a presentation after which there will be an opportunity for questions.

### Who Should Attend?

- Family members and others closely associated with the care and support of the child.
- Professionals may only attend in their capacity as parents or carers (except for CAMHS professionals).

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### Session Schedule

**Session 1** – Introduction to the Neurodiversity approach. Provides the foundation and context for the other sessions.

**Session 2** – Autistic Thinking. Explores how differences in brain structure can generate some unique and individual styles of thinking, and offers practical advice on how to support some areas of difficulty.

**Session 3** – Autistic Communication. Discusses autistic perspectives on the use and processing of communication and ideas for adapting interactive styles in order to respect and accommodate them.

**Session 4** – Autistic Social Interaction. The focus is on rethinking social expectations and helping autistic people develop relationships in an authentically autistic way.

**Session 5** – Autistic Sensory Perception. Demonstrates how atypical sensory perception is manifested in stims, how to interpret them, and suggests things to try in the absence of viable strategies created by the person themselves.

**Session 6** – Behaviour. Demonstrates how accepting, understanding and adapting to how children and young people see the world can dramatically reduce anxiety and behaviours of concern.

## Course Dates 2024/2025

### Group 1 - Online

**10am - 1pm**

Wednesday 17th April 2024  
Wednesday 1st May 2024  
Wednesday 15th May 2024  
Wednesday 5th June 2024  
Wednesday 26th June 2024  
Wednesday 10th July 2024

### Group 2 - Online

**6pm - 9pm**

Thursday 18th April 2024  
Thursday 2nd May 2024  
Thursday 16th May 2024  
Thursday 6th June 2024  
Thursday 20th June 2024  
Thursday 4th July 2024

### Group 3 - Online

**10am - 1pm**

Friday 19th April 2024  
Friday 3rd May 2024  
Friday 17th May 2024  
Friday 7th June 2024  
Friday 21st June 2024  
Friday 5th July 2024

### Group 4 - Online

**6pm - 9pm**

Thursday 25th April 2024  
Thursday 9th May 2024  
Thursday 23rd May 2024  
Thursday 13th June 2024  
Thursday 27th June 2024  
Thursday 11th July 2024

### Group 5 - Online

**10am - 1pm**

Friday 26th April 2024  
Friday 10th May 2024  
Friday 24th May 2024  
Friday 14th June 2024  
Friday 28th June 2024  
Friday 12th July 2024

### Group 6 - Online

**10am - 1pm**

Thursday 9th May 2024  
Thursday 23rd May 2024  
Thursday 6th June 2024  
Thursday 20th June 2024  
Thursday 4th July 2024  
Thursday 18th July 2024

### Group 7 - Online

**10am - 1pm**

Wednesday 4th Sept 2024  
Wednesday 18th Sept 2024  
Wednesday 2nd Oct 2024  
Wednesday 16th Oct 2024  
Wednesday 6th Nov 2024  
Wednesday 20th Nov 2024

### Group 8 - Online

**10am - 1pm**

Friday 6th Sept 2024  
Friday 20th Sept 2024  
Friday 4th October 2024  
Friday 18th October 2024  
Friday 8th Nov 2024  
Friday 22nd Nov 2024

### Group 9 - Online

**10am - 1pm**

Thursday 19th Sept 2024  
Thursday 3rd Oct 2024  
Thursday 17th Oct 2024  
Thursday 14th Nov 2024  
Thursday 28th Nov 2024  
Thursday 12th Dec 2024

Please be advised that if insufficient numbers of attendees are booked onto any specific course, we may be required to offer you an alternative. This will be avoided wherever possible and we will ensure to give five working days' notice if this is the case.

## Course Dates 2024/2025

### Group 10 - Online

#### 6pm - 9pm

Thursday 26th Sept 2024  
Thursday 10th Oct 2024  
Thursday 24th Oct 2024  
Thursday 7th Nov 2024  
Thursday 21st Nov 2024  
Thursday 5th Dec 2024

### Group 11 - Online

#### 10am - 1pm

Tuesday 19th Nov 2024  
Tuesday 3rd Dec 2024  
Tuesday 17th Dec 2024  
Tuesday 7th January 2025  
Tuesday 21st Jan 2025  
Tuesday 4th Feb 2025

### Group 12 - Online

#### 10am - 1pm

Weds 8th Jan 2025  
Weds 22nd Jan 2025  
Weds 5th Feb 2025  
Weds 26th Feb 2025  
Weds 12th March 2025  
Weds 26th March 2025

### Group 13 - Online

#### 10am - 1pm

Friday 10th January 2025  
Friday 24th January 2025  
Friday 7th February 2025  
Friday 28th Feb 2025  
Friday 14th March 2025  
Friday 28th March 2025

### Group 14 - Online

#### 10am - 1pm

Tuesday 14th January 2025  
Tuesday 28th January 2025  
Tuesday 11th February 2025  
Tuesday 25th February 2025  
Tuesday 11th March 2025  
Tuesday 25th March 2025

Please be aware that we expect participants to attend and actively engage with all six sessions. A certificate will be issued on successful completion of the full course. In the event that you are unable to attend a session, please let us know in advance, where possible at [trainingadmin@autismhampshire.org.uk](mailto:trainingadmin@autismhampshire.org.uk) or contact your trainer directly.

These sessions will all be held virtually via Microsoft Teams, so you will need to have access to the appropriate technology, including camera and microphone. If you require any reasonable adjustments in order to attend, please contact us to discuss prior to the start of the course.

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## How To Book

**[www.tickettailor.com/events/autismhampshire1](http://www.tickettailor.com/events/autismhampshire1)**

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