

Information Workshops

Autism Hampshire will be holding 6 free Autism Support and Information workshops for families of children and young people on the autism spectrum, across Hampshire.



Workshop Details

The aim of the sessions is to provide insight, advice and support prior, during or following a child's assessment and diagnosis. Each session will explore a different aspect of your 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'.



What will happen at the group?

Each workshop is 3 hours long. The first part consists of a presentation after which there will be an opportunity for questions. The workshops are open to family members and others closely associated with the care and support of the child.

The course is open to parents and professionals who are parents

Schedule:

Workshop 1 - Introduction into Autism

This session will provide some general context for the other sessions.

Workshop 2 - Thinking

This session explores differences in brain structure and how this generates some unique styles of thinking. It includes some practical suggestions on how to support areas of difficulty.

Workshop 3 - Communication

This session explores autistic perspectives on the use and processing of communication and strategies for adapting interactions in order to take these into account.

Workshop 4 - Social Interaction

This session will focus on rethinking social expectations concerning your child and developing relationships in an autistic way.

Workshop 5 - Sensory Perception

During this session we will be looking at sensory perception, how it manifests itself in behaviour, and strategies to either alert or calm your child as appropriate.

Workshop 6 - Behaviour

This session will explore how accepting, understanding and adapting to how your child sees the world can dramatically reduce anxiety and behaviours of concern.

Booking Details

All sessions are 10am– 1pm.

These sessions will all be held virtually. After you have received confirmation of booking you will be sent a link to join.

It is beneficial to start at the beginning and work through the 6 sessions, as they are designed to create a context for the final session which focuses on behaviour.

To book a place please contact The Information and Advice Service advising which group you wish to join.

T 02380 766162

E information.advice@autismhampshire.org.uk

Group & day	Introductory	Thinking	Communication	Social Interaction	Sensory Perception	Behaviour
1 Thursday	04/11/21	25/11/21	13/01/22	03/02/22	03/03/22	31/03/22
2 Fri	05/11/21	26/11/21	14/01/22	04/02/22	04/03/22	01/04/22
3 Wed	10/11/21	01/12/21	19/01/22	09/02/22	09/03/22	06/04/22
4 Fri	12/11/21	03/12/21	21/01/22	11/02/22	11/03/22	08/04/22
5 Mon	15/11/21	06/12/21	24/01/22	14/02/22	14/03/22	25/04/22
6 Wed	17/11/21	08/12/21	26/01/22	16/02/22	23/03/22	27/04/22
7 Fri	19/11/21	10/12/21	28/01/22	18/02/22	25/03/22	29/04/22

