

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 and the Isle of Wight.

Please get in contact to book a place if your child has been on the diagnostic pathway prior to 31st December 2020 through the Psicon or Healios services



Workshop Details

The aim of the sessions is to provide insight, advice and support prior or during 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.

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 professionals if they are attending in the capacity of a parent or carer.



Schedule:

Workshop 1 - Introduction into Autism

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

Workshop 2 - Thinking

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

Discussing autistic perspectives on the use and processing of communication and strategies for adapting interactions.

Workshop 4 - Social Interaction

A focus on rethinking social expectations concerning your child and developing relationships.

Workshop 5 - Sensory Perception

Looking at sensory perception, how it manifests itself in behaviour, and strategies to either alert or calm your child as appropriate.

Workshop 6 - Behaviour

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

COURSE DATES: all sessions run 9:15am-12:15pm

Group 1

Introduction	01/02/21
Thinking	09/02/21
Communication	25/02/21
Social Interaction	05/03/21
Sensory Processing	15/03/21
Behaviour	23/03/21

Group 2

Introduction	01/02/21
Thinking	10/02/21
Communication	25/02/21
Social Interaction	08/03/21
Sensory Processing	15/03/21
Behaviour	24/03/21

Group 3

Introduction	02/02/21
Thinking	11/02/21
Communication	26/02/21
Social Interaction	08/03/21
Sensory Processing	16/03/21
Behaviour	25/03/21

Group 4

Introduction	03/02/21
Thinking	11/02/21
Communication	01/03/21
Social Interaction	09/03/21
Sensory Processing	17/03/21
Behaviour	26/03/21

Group 5

Introduction	03/02/21
Thinking	12/02/21
Communication	01/03/21
Social Interaction	10/03/21
Sensory Processing	17/03/21
Behaviour	29/03/21

Group 6

Introduction	04/02/21
Thinking	22/02/21
Communication	02/03/21
Social Interaction	10/03/21
Sensory Processing	18/03/21
Behaviour	30/03/21

Group 7

Introduction	05/02/21
Thinking	22/02/21
Communication	03/03/21
Social Interaction	11/03/21
Sensory Processing	18/03/21
Behaviour	30/03/21

Group 8

Introduction	08/02/21
Thinking	23/02/21
Communication	04/03/21
Social Interaction	12/03/21
Sensory Processing	22/03/21
Behaviour	31/03/21

Group 9

Introduction	09/02/21
Thinking	24/02/21
Communication	04/03/21
Social Interaction	12/03/21
Sensory Processing	23/03/21
Behaviour	01/04/21

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

We understand that you may have some distractions that can impact on your attendance at these sessions; therefore we are happy for you to switch off your camera and/or microphone if you have children at home or other distractions.

To book a place please contact The Information and Advice Service stating which course you would like to join.

E: information.advice@autismhampshire.org.uk

T: 02380 766162



Autism
Hampshire