

# 'Navigating difficult emotions in family relationships' Workshop

facilitated by Resources for Autisms Play Therapist, Joe and Person-Centred Therapist, Mathilde.

**Join us in this therapeutic space for parents/  
carers of autistic young people aged 16-25**



## Event Details:

**When:** 26th April 10.45am to 2pm (with refreshments)

**Where:** Lewisham (venue tbc)

During this two-hour in person workshop, expect to share, discuss, express through creative activities and delve into your emotions as parents of autistic children.

Sharing our lived experiences can be empowering, and we support and guide these conversations. We'll blend therapeutic techniques to navigate challenging family dynamics with practical communication tools to enhance connections both with others and within ourselves.

**Expect deep talk and emotions.**

Please only join if you feel comfortable and safe in an emotionally open space.

Please email to book: [nazia@resourcesforautism.org.uk](mailto:nazia@resourcesforautism.org.uk)

resources for  
**autism**