



**Free online parent workshops
For parents of autistic children/young people in Lewisham**

Resources for Autism welcomes parents, family members, or caregivers who support autistic children or young individuals. Our workshops provide safe environments where you can gain new insights, strategies, seek advice, and connect with other parents and professionals to share experiences.

**If you would like to attend or have any queries or suggestions
please email nazia@resourcesforautism.org.uk**

Links will be sent out when booking with Nazia

June to November 2024

Tuesday June 18th 10.30am-12.30pm	<p><u>Sleep and autism</u></p> <p>This workshop will help you understand what can promote good sleep and give you strategies to help your autistic children, young people and parents sleep better.</p> <p>Delivered by Kelly Reed. Behaviour Manager.</p>
Tuesday July 2nd 10.30am-12.30pm Thursday July 11th 10.30am-12.30pm	<p><u>Autism and eating disorders</u></p> <p>This workshop will help you understand autism individuals are more vulnerable to eating disorders (ED), the effects it has, how to best support someone with an eating disorders</p> <p>Delivered by Emma Marriot</p> <p><u>Communication and behaviour</u></p> <p>This workshop will explore communication and the impact on behaviour's and strategies to help with behaviour of concern.</p>

	Delivered by Kelly Reed - Behaviour Manager & Sadia Shafiq - Play Coordinator
<p>Wednesday 25th September</p> <p>6.00pm -8.00pm</p>	<p><u>The Role of Mediation in EHCP Appeals</u></p> <p>Prime Resolution, one of the leading SEND Mediation providers in the West Midlands, will be joining us to "take the mystery out of mediation" in this workshop, by addressing the following questions: What is SEND Mediation? When can it be used? Who is it for? How is it accessed? How does it work?</p> <p>Delivered by Hugo Besterman (Director & Mediator) & Katie Jolly (Senior Consultant) from Prime Resolution</p>
<p>Thursday 26th September</p> <p>10.30am -12.30pm</p>	<p><u>PDA</u> <u>Pathological demand avoidance</u></p> <p>This workshop will help understand what is PDA and how it presents itself in individuals.</p> <p>Delivered by Davina Federer Senior behaviour manager</p>
<p>Friday 18th October</p> <p>10.30am-12.30 pm</p>	<p><u>NVC (non violent communication)</u></p> <p>Applying the principles of NVC within the family dynamics.</p> <p>Delivered by Vesna and Mathilde therapist</p>
<p>Tuesday 26th November</p> <p>10.30am-12.30 pm</p>	<p><u>Autism and mental health</u></p> <p>The final workshop will help understand the link between autism and mental health conditions.</p> <p>Delivered by Emily Rhodes behaviour manager</p>

To complete a referral form please visit our website at
www.resourcesforautism.org.uk