



Calendar of parent workshops Southwark /Lewisham Sept 2024 to Jan 2025

Date and time	Topic	Borough	F2F /online
September 24 th 10am to 2.30 pm	<u>Parent advocacy workshop</u> Understanding your rights as parent Mental capacity act power of attorney and more	Lewisham and Southwark	F2F – Living space 1 Coral St SE1 Booking via Eventbrite.
Sept 25 th 6pm to 8pm	<u>SEND (Special Educational Needs and Disabilities) Mediation</u> What is SEND Mediation and who can use it? When and How is it accessed? How does it work? Delivered by Prime Resolution, one of the leading SEND Mediation providers in the West Midlands	Pan London	Online Session Booking required
September 26 th 10.30am to 12.30pm	<u>PDA Pathological Demand Avoidance</u> Learn about the characteristics of PDA, how the child may present with PDA, how to recognise the triggers and apply support strategies.	Pan London	Online Session Booking required
September 30 th 10.30am to 12.30 pm	<u>Coffee morning for parents</u>	Lewisham	F2F Lewisham music hub First Floor, The Fellowship Inn, Randlesdown Rd, London SE6 3BT



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	<u>Importance of routine for an autistic individual.</u>		Email nazia@resourcesforautism.org.uk to book your place
October 14 th 10.30 am to 12.30pm	<u>Coffee morning for parents</u> <u>Empowering your young person</u>	Lewisham	F2F Lewisham music hub First Floor, The Fellowship Inn, Randlesdown Rd, London SE6 3BT
October the 18 th 10.30 am to 12.30pm	<u>NVC - Non Violent Communication</u> Learn about applying NVC principles within family dynamics.	Pan London	Online Session Booking required
October 23 rd 2024 11am to 1.30 pm	PDA in young people aged 16 to 25 years PDA and Autism- the link between the two and the differences ·Characteristics of a PDA profile – How PDA can present in young people and adults	Lewisham	F2F Venue Lewisham music hub First Floor, The Fellowship Inn, Randlesdown Rd, London SE6 3BT Booking via Eventbrite
October 24 th 2024 10.30 am to 12.30 pm	<u>Coffee morning for parents</u> <u>Empowering your young person with life skills</u>	Southwark	F2F Trinity college centre Address: Newent Cl, London SE15 6EF Email nazia@resourcesforautism.org.uk to book your place
November 14 th 2024 10.30am to 12.30pm	<u>Coffee morning for parents</u> <u>Topic</u> <u>Staying safe online</u>	Southwark	F2F Trinity college centre Address: Newent Cl, London SE15 6EF Email nazia@resourcesforautism.org.uk to book your place



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<p>November 20th 2024 10.30am to 12.30pm</p>	<p><u>Coffee morning for parents</u> <u>Topic</u> <u>Friendships and relationships</u></p>	Lewisham	<p>F2F Venue Lewisham music hub First Floor, The Fellowship Inn, Randlesdown Rd, London SE6 3BT Email nazia@resourcesforautism.org.uk to book your place</p>
<p>November 28th 2024 10.30am to 1.30pm</p>	<p>Managing behaviour parents' workshop for parent/ carers of 15- to 25-year-olds</p>	Lewisham	<p>F2F First Floor, The Fellowship Inn, Randlesdown Rd, London SE6 3BT Booking via Eventbrite</p>
<p>December 2nd 2024 10.30 am to 12.30pm</p>	<p><u>Coffee morning for parents</u> <u>Selfcare for parents</u></p>	Lewisham	<p>F2F First Floor, The Fellowship Inn, Randlesdown Rd, London SE6 3BT Email nazia@resourcesforautism.org.uk to book your place</p>
<p>December 11th 2024 5.30pm-7.30pm</p>	<p>Better Sleep Workshop Why is sleep important, what can promote good sleep and what strategies can help autistic children, young people and parents sleep better.</p> <p>Delivered by Vesna Glavas, Family Support Manager, Sleep Practitioner</p>	Pan London	<p>Online Session Booking required</p>
<p>December 12th 2024 10.30 am to 12.30 pm</p>	<p><u>Coffee morning for parents</u> <u>Selfcare for parents</u></p>	Southwark	<p>F2F Trinity college centre <u>Address:</u> Newent Cl, London SE15 6EF Email nazia@resourcesforautism.org.uk to book your place</p>
<p>January 24th 2024 10.30am to 12.30pm</p>	<p>Navigating difficult emotions in family dynamics</p>	Southwark	<p>F2F The Bradfield Youth Centre 5-13 Commercial Way, London SE15 6DQ</p>



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10.30am to 2.00 pm	Parent therapy workshop		Booking via Eventbrite
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