

'Navigating difficult emotions in family relationships workshop'

Join us in this therapeutic space for parent/carers of autistic young people aged 16 to 25

Facilitated by Resources for autism play therapist Joe and person centred therapist Mathilde



Event Details:

When: Friday 24th January 10.45am to 2.00 pm

Where: The Somerville youth centre 260 Queens Road SE 14 5JN

What: 3 hour therapy workshop expect deep talk and emotions.

For: Parents/ carers of autistic young people aged 16 to 25 living in Lewisham/ Southwark

To find out more and book your place contact nazia@resourcesforautism.org.uk or call 07791149874,

What to expect from this therapy workshop

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.

Please only join if you feel comfortable to share

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.