

SUPPORTING PARENTS OF YOUNG PEOPLE WITH AUTISM SPECTRUM DISORDER (ASD)

The sessions are facilitated by Psychology and Occupational Therapy with Guest Speakers from Speech and Language Therapy, Educational Psychology and Hackney specific support.

WHEN: First Friday of the Month
TIME: 9.30am to 11.30am
WHERE: City and Hackney CAMHS, 15 Homerton Row, E9 6ED

Friday 3rd January 2020, 9.30-11.30am
Supporting Social Skills and Peer Relationships

Friday 7th February 2020, 9.30am-11.30am
Talking about the ASD Diagnosis with your Child

Friday 6th March 2020, 9.30am-11.30am
Sensory and emotional regulation in ASD

Friday 3rd April 2020, 9.30am-11.30am
Managing Sleep Difficulties

Friday 1st May 2020, 9.30am-11.30am
Supporting Sibling Relationships in the context of ASD

Friday 5th June 2020, 9.30am-11.30am
Managing Puberty and Social Functioning

Friday 3rd July 2020, 9.30am-11.30am
Parenting Stress: A Mindfulness Approach

Friday 7th August 2020, 9.30-11.30am
Developing Independence skills

Friday 4th September 2020, 9.30am-11.30am
Managing Arguments and Miscommunications

Friday 2nd October 2020, 9.30am-11.30am
Managing School and ASD

Friday 6th November 2020, 9.30am-11.30am
Anxiety and Anger Management

Friday 4th December 2020, 9.30am-11.30am
Dealing with demands

Dr Laura Roughan, Clinical Psychologist 0203 222 5600 or Heather Scott at the ARK 0207 0147025