



Parents & Carers

Are you parenting an adolescent with an Autism diagnosis and living in the Southern Trust Area?

Join our **Parents Plus 'Special Needs Programme'** and meet other parents in a supportive group to help your adolescents reach their full potential.

Support your child to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

As a parent, learn how to:

- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children
- Manage challenging behaviour

Dates: Tuesday 12th September 2023 x 7 weeks

Time/Location: 10am-12.30pm/online

Priority will be given to families known to the Southern Trust Autism and Disability Services, however referrals will be considered from all families living in the Trust who meet the criteria

For more information please contact:

Claire Convery

Clanrye

028 3089 8119/ 07483 059876

claire.convery@clanryegroup.com