

# Autism & Anxiety Training

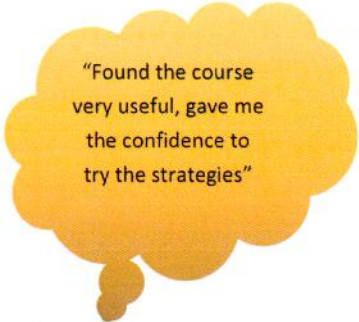


Does your child have a diagnosis of autism and struggle with anxiety? If so this four-week course could be for you!



The course has been developed by Dr Fiona Knott from the Centre for Autism and will offer:

- Parent/carers up to date information about anxiety and ASD
- Enable parents to understand their own child's anxiety
- Develop a tool box of strategies for use at home



"Found the course very useful, gave me the confidence to try the strategies"

All courses will be facilitated by an Autism specialist and parent/ carer of a child with Autism.

Course	Dates	Time	Venue
Introductory session – Meet the trainers and short training session on Autism	31 <sup>st</sup> Jan	12.30pm – 2.30pm	Spennymoor Youth & Community Centre Rushmoor DL16 6PP
Autism & Anxiety Course 1	6 <sup>th</sup> & 20 <sup>th</sup> Feb 6 <sup>th</sup> & 20 <sup>th</sup> March	9.30am – 11.30am	Glebe Centre Durham Place Seaham SR7 9BX
Autism & Anxiety Course 2	7 <sup>th</sup> & 21 <sup>st</sup> Feb 7 <sup>th</sup> & 21 <sup>st</sup> March	12.30pm – 2.30pm	Riverside Cricket Ground Chester-le-Street DH3 3QR
Autism & Anxiety Course 3	8 <sup>th</sup> & 22 <sup>nd</sup> Feb 8 <sup>th</sup> & 22 <sup>nd</sup> March	12.30pm – 2.30pm	Spennymoor Youth & Community Centre Rushmoor DL16 6PP
Celebration Session Treats and certificate presentation	28 <sup>th</sup> March	9.30am – 12.00pm	Spennymoor Youth & Community Centre Rushmoor DL16 6PP

We invite all course participants to attend the introductory session, then choose course 1, 2 or 3 to complete as well as the celebration event.

If you would like further information or would like to book a place, please contact [Zak@success.coop](mailto:Zak@success.coop) or Call: 07415 495006.

