

Virtual Support Sessions - AUTISTIC PEOPLE – SUPPORT FOR PARENTS AND RELATIVES DURING THE CORONAVIRUS

Autism Hampshire is providing virtual support sessions in Portsmouth for parents and carers to provide information about managing anxieties and daily routine with an autistic child or young adult at home.

The support to parents is in addition to the support received from the Information, Advice and Guidance Service. Autism Hampshire is running 2 cohorts of support groups to support parents and carers across Portsmouth to access specialist autism trainer support via Zoom video meetings, along with the sharing of peer to peer advice and experiences. There will be a session on the Wednesday, followed by a review and feedback session on the Friday.

The sessions will cover:

- Structure
- Activities
- Social Interaction
- Communication
- Sensory Perception
- Resolving Conflict

COHORT 1

SESSION			FOLLOW UP SESSION		
DAY	DATE	TIME	DAY	DATE	TIME
WED	01 JULY	10 -11AM	FRI	03 JULY	10 -11AM
WED	08 JULY	10 -11AM	FRI	10 JULY	10 -11AM
WED	15 JULY	10 -11AM	FRI	17 JULY	10 -11AM
WED	22 JULY	10 -11AM	FRI	24 JULY	10 -11AM
WED	29 JULY	10 -11AM	FRI	31 JULY	10 -11AM
WED	5 th AUG	10 -11AM	FRI	7 th Aug	10-11AM

COHORT 2

SESSION			FOLLOW UP SESSION		
DAY	DATE	TIME	DAY	DATE	TIME
WED	12 AUG	10 -11AM	FRI	14 AUG	10 -11AM
WED	19 AUG	10 -11AM	FRI	21 AUG	10 -11AM
WED	26 AUG	10 -11AM	FRI	28 AUG	10 -11AM
WED	02 SEPT	10 -11AM	FRI	04 SEPT	10 -11AM
WED	09 SEPT	10 -11AM	FRI	11 SEPT	10 -11AM
WED	16 th SEP	10 -11AM	FRI	18 th SEP	10 -11AM

We would encourage any people who sign up for the support sessions to complete the autism eLearning prior to the start date. You can access the E-Learning through: <https://autismhampshire.org.uk/free-e-learning-autism-training>

If you would like to book a place on a course, please contact information.advice@autismhampshire.org.uk / 02380 766162