



CYGNET - Puberty, Sexual well-being & Relationships Course.

What Parents Thought...

Through the CYGNET course I feel I have a better understanding of my daughter's changing needs.

The course was delivered with warmth and humour, which helped relax me with a topic that others may feel is embarrassing. Really enjoyed it.

If you are interested in booking a place on the next course, please send an email to:

STLS@STNS.ORG.UK

This course was really helpful and the staff encouraged open communication in what could be a difficult subject. This gave us the confidence to be open and honest with our son. It was also fun and liberating!

A really fun training course that I would highly recommend any parent going on, with or without an autistic child. I have learnt lots of useful strategies in dealing with many of the issues that my son may experience as he matures. I was dreading these years but now I am looking forward to them!.....almost!

Thank you

