

FREE workshop series dedicated to supporting family members and carers of autistic adults and children

Act for Autism in collaboration with Coventry and Warwickshire Mind are offering a series of Warwickshire County Council commissioned workshops as part of the Community Autism Support Service (CASS). Act for Autism is a social enterprise providing unique insights into autism through specialist workshops and coaching.

Course One

Isolation and anxiety of autistic adults

A workshop exploring isolation and anxiety of autistic adults aged 18+ aimed at family members/partners/informal carers.

What's in it for you:

- The workshop will be led by two qualified Act for Autism trainers
- Share 20 years of knowledge, research, experience and parenting
- Delivered with passion and drive
- Will include the voice of autistic advocates
- Will include time for reflection and discussion

This workshop will help explain why the person you live with or care for may be experiencing isolation and anxiety and how to support, build confidence and build motivation. This session is running alongside a second workshop exploring 'independence and advocacy'. Family members/partners/informal carers are invited to attend either, or both, of these sessions. The workshop will allow room for discussion and representation from experts by experience.

Venue: This course delivered in person and online

Cost: FREE

Book: For in person sessions, click [here](#)
For online sessions, click [here](#)

| Date | Time | Location |
|------------------------|------------|-----------|
| Monday 18th July | 10am – 1pm | In person |
| Monday 12th September | 1pm – 3pm | Online |
| Thursday 10th November | 7pm – 9pm | Online |

Course Two

Exploring independence and advocacy of autistic adults

A workshop exploring independence and advocacy of autistic adults aged 18+ aimed at family members/partners/informal carers.

What's in it for you:

- The workshop will be led by two qualified Act for Autism trainers
- Share 20 years of knowledge, research, experience and parenting
- Delivered with passion and drive
- Will include the voice of autistic advocates
- Will include time for reflection and discussion

This workshop will explore the importance of, and give you ideas and strategies to help the person you live with or care for build independence, self-awareness and self-advocacy. This session is running alongside a second workshop exploring 'isolation and anxiety'. Family members/partners/informal carers are invited to attend either, or both, of these sessions. The workshop will allow room for discussion and representation from experts by experience.

Venue: This course delivered in person and online

Cost: FREE

Book: For in person sessions, click [here](#)
For online sessions, click [here](#)

| Date | Time | Location |
|--------------------------|------------|-----------|
| Wednesday 14th September | 10am – 1pm | In person |
| Monday 17th October | 1pm – 3pm | Online |
| Tuesday 15th November | 7pm – 9pm | Online |

Course Three

Transitional training for professionals

A workshop focussing on transitions between educational and/or organisational settings, for families and/or professionals working with autistic individuals.

What's in it for you:

- The workshop will be led by two qualified Act for Autism trainers
- Share 20 years of knowledge, research, experience and parenting
- Delivered with passion and drive
- Will include the voice of autistic advocates
- Will include time for reflection and discussion

By attending this workshop, you will:

- Understand neurodevelopmental conditions including autism.
- Understand the science behind the challenges of transition periods.
- Gain skills to support the autistic individuals in your service.
- Help individuals transition through education/organisational settings.
- Help improve attendance at school/college/work.
- Help reduce anxiety.
- Prevent potential escalation of mental health issues.
- Help manage life transitions.

Venue: This course delivered in person and online

Cost: FREE

Book: For online sessions, click [here](#)

| Date | Time | Location |
|-----------------------|---------------|----------|
| Monday 11th July | 10am – 12noon | Online |
| Wednesday 10th August | 1pm – 3pm | Online |
| Tuesday 4th October | 7pm – 9pm | Online |

Course Four

Connecting with autistic girls

A workshop on autism in girls for families and/or professionals.

What's in it for you:

- The workshop will be led by two qualified Act for Autism trainers
- Share 20 years of knowledge, research, experience and parenting
- Delivered with passion and drive
- Will include the voice of autistic advocates
- Will include time for reflection and discussion

By attending this workshop, you will have the opportunity to explore the difference in presentation and how to support autistic girls.

Venue: This course delivered in person and online

Cost: FREE

Book: For in person sessions, click [here](#)
For online sessions, click [here](#)

| Date | Time | Location |
|------------------------|------------|-----------|
| Tuesday 13th September | 1pm – 3pm | Online |
| Wednesday 19th October | 10am – 1pm | In person |
| Monday 5th December | 7pm – 9pm | Online |

Course Five

Gender identity

A facilitated session to explore gender issues faced by autistic individuals and their families. If your child or the person you are supporting is concerned or curious about their gender this is a useful session for you to discuss yours or their concerns.

What's in it for you:

- The workshop will be led by two qualified Act for Autism trainers
- Share 20 years of knowledge, research, experience and parenting
- Delivered with passion and drive
- Will include the voice of autistic advocates
- Will include time for reflection and discussion

Venue: This course delivered in person and online

Cost: FREE

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| Date | Time | Location |
|--------------------------|----------------|-----------|
| Tuesday 19th July | 1pm – 2:30pm | Online |
| Wednesday 28th September | 7pm – 8:30pm | Online |
| Wednesday 16th November | 10am – 12:30pm | In person |

Course Six

Understanding autism: training for family members/informal carers of adults of 18-25 yrs

A facilitated session supporting your understanding of your young person's diagnosis. This session will help parents and carers understand the condition and therefore help the young person identify confidently with their autism.

What's in it for you:

- The workshop will be led by two qualified Act for Autism trainers
- Share 20 years of knowledge, research, experience and parenting
- Delivered with passion and drive
- Will include the voice of autistic advocates
- Will include time for reflection and discussion

Venue: This course delivered in person and online

Cost: FREE

Book: For in person sessions, click [here](#)
For online sessions, click [here](#)

| Date | Time | Location |
|------------------------|------------|-----------|
| Wednesday 20th July | 1pm – 3pm | Online |
| Tuesday 11th October | 7pm – 9pm | Online |
| Wednesday 7th December | 10am – 1pm | In person |

Attending in person

Our in-person sessions take place at:

Cooper's Lodge
61 St Nicholas Street
Coventry
CV1 4BN

There is no parking available at the venue. There is some on street parking on St Nicholas Street, as well as two-hour free parking or pay and display at the Canal Basin, CV1 4LY. There is also other on-street parking located close by at Draper's Fields, Leicester Row and St Columba's Close.

If you have any queries or questions regarding the Act for Autism courses, contact the Community Autism Support Service (CASS) on **(024) 7663 1835** or at **autismsupport@cwmind.org.uk**.

For more information, go to **www.cwmind.org.uk/diverseortypical/**



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to the website!

