



**actfor
autism**



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.

Courses Overview

Course	Date	Time	Location
Isolation and anxiety of autistic adults	Thursday 12th January 2023	6:30pm – 9pm	Online
Exploring independence and advocacy of autistic adults	Wednesday 11th January 2023	10am – 12:30pm	In person
Transitional training (family/carers only)	Thursday 9th March 2023	6:30pm – 9pm	Online
Transitional training (professionals only)	Thursday 16th March 2023	10am – 12:30pm	Online
Connecting with autistic girls	Thursday 26th January 2023	10am – 12:30pm	Online
	Wednesday 8th March 2023	10am – 12:30pm	In person
Gender identity (professionals only)	Thursday 2nd February 2023	10am – 12:30pm	Online
Gender identity (family/carers only)	Thursday 23rd March 2023	10am – 12:30pm	Online
Understanding autism: training for family members/informal carers of adults of 18-25 yrs	Thursday 19th January 2023	6:30pm – 9pm	Online

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 is delivered online

Cost: FREE

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

Date	Time	Location
Thursday 12th January 2023	6:30pm – 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 independence, self-awareness and self-advocacy, and give you ideas and strategies to help the person you live with or care for. 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 is delivered in person (see last page for venue)

Cost: FREE

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

Date	Time	Location
Wednesday 11th January 2022	10am – 12:30pm	In person

Course Three

Transitional training

A workshop focussing on transitions between educational and/or organisational settings.

One course for parents/family members/informal carers, and another course for professionals only.

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 is delivered online

Cost: FREE

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

Date	Time	Location
Thursday 9th March 2023 (parents, family members and informal carers only)	6:30pm – 9pm	Online
Thursday 16th March 2023 (professionals only)	10am – 12:30pm	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 is delivered in person and online (see last page for venue)

Cost: FREE

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

For online sessions, click [here](#)

Date	Time	Location
Thursday 26th January 2023	10am – 12:30pm	Online
Wednesday 8th March 2023	10am – 12:30pm	In person

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 your or their concerns.

One course for parents/family members/informal carers, and another course for professionals only.

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 is delivered online

Cost: FREE

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

Date	Time	Location
Thursday 2nd February 2023 (professionals only)	10am – 12:30pm	Online
Thursday 23rd March 2023 (parents, family members and informal carers only)	10am – 12:30pm	Online

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 is delivered online

Cost: FREE

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

Date	Time	Location
Thursday 19th January 2023	6:30pm – 9pm	Online

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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