

## AUTISM TEAM PARENTS/CARERS/FAMILIES WORKSHOP EVENTS

### Open courses in Nottingham City, 2024-2025

All sessions are virtual. MSTEams meeting invitations will be sent out to all attendees who order a ticket on Eventbrite, which will allow them to join the meeting.

All sessions are free for parents to attend.

### ***Making Sense of Autism for Parents/Carers/Families***

This workshop session is an awareness-raising training to enhance parents/carers/families understanding and awareness of autism and how autism can affect their children/young people. The module provides an introduction to autism and the reasonable adjustments that need to be considered to support autistic children.

#### *Online via Microsoft Teams*

- **Autumn Date:** 9th December 2024 5-6.30pm

*Book Here* <https://www.eventbrite.co.uk/e/1037813587377>

- **Spring Date:** 11<sup>th</sup> March 2025 5-6.30pm

*Book Here* <https://www.eventbrite.co.uk/e/1037815272417>

- **Summer Date:** 22<sup>nd</sup> May 2025 5-6.30pm

*Book Here* <https://www.eventbrite.co.uk/e/1037816355657>

### ***Autism Team: Transition Workshop (year 6)***

This session will provide parents/carers/families of autistic children in Year 6 to help build knowledge and understanding about the transition from primary to secondary school. The Autism Team will provide an overview of the process and timeline as well as top tips and resources for helping to prepare your child for transition.

#### *Online via Microsoft Teams*

*Aimed at: Parents/carers/families of Year 6 Children*

*Date:* 14<sup>th</sup> October 2024 12.30-1.30pm

*Book Here* <https://www.eventbrite.co.uk/e/1037819485017>

### **Autism Team: Transition Workshop (year 5)**

This session will provide parents/carers/families of autistic children in Year 5 to help build knowledge and understanding about the transition from primary to secondary school. The Autism Team will provide an overview of the process and timeline, what to expect from transition as well as top tips and resources for helping to prepare your child for transition.

*Online via Microsoft Teams*

*Aimed at: Parents/carers/families of Year 5 Children*

*Date: 12<sup>th</sup> June 2025 3.30-4.30pm*

*Book Here <https://www.eventbrite.co.uk/e/1037822163027>*

### **Autism Team: Emotional Regulation**

This workshop will enable parents to help to improve self-regulation and emotional control for their children & young people. It focuses on recognising feelings of anxiety and the physical early warning signs associated with them. Parents will develop visual and therapeutic strategies and work towards building a toolkit which will help the children & young people to self-regulate and manage their anxiety.

*Online via Microsoft Teams*

*Date: 24<sup>th</sup> April 2025 10-11.30am*

*Book Here <https://www.eventbrite.co.uk/e/1037827689557>*

### **Autism Team: Anxiety and Attendance**

This workshop will help parents/careers/families to understand what stress and anxiety are, how they affect their children/young people and impact on their attendance. It will help parents/carers/families to support their child/young person and provide them with the tools to work through challenging situations.

*Online via Microsoft Teams*

*Date: 8<sup>th</sup> May 2025 3.30-4.30pm*

*Book Here <https://www.eventbrite.co.uk/e/1037830828947>*

Nottingham City  
Autism Team



**BOOKING:** Please use the booking link under each course. For support with booking or further information: Contact [AutismTeam@nottinghamcity.gov.uk](mailto:AutismTeam@nottinghamcity.gov.uk). There is a maximum delegate number for each workshop.

Further information about the Autism Education Trust can be found at:  
[www.autismeducationtrust.org.uk](http://www.autismeducationtrust.org.uk)