

Topics to be covered...

Why does my child do the things he does?

Why does he struggle with the things he struggles with?

Sensory Overload

Creating calm

Improving communication

Rituals and repetitive behaviour

Challenging behaviour

Plus more...



For further information or to make a referral please contact:-

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**Understanding your  
Child with Autism  
or Aspergers**

***West Sussex  
Adolescent and Family  
Resource Service***  
***together with  
Anne Bartlett.***

We are running a 4 week programme for Parents and Carers of children / young people with Autism or Aspergers.

Look inside to find out more...

Following on from our successful Parent Event at the start of 2015 we are arranging another 4 sessions with

Anne Bartlett.

The feedback from those that attended in 2015 was that everyone found the sessions really helpful and informative.

Different topics will be covered each week.

Do try to make the time to be able to come along as this is a rare opportunity to get some really useful, practical information from Anne, and to also meet other parents and share ideas together.

We will be running a parent / carer group for 4 Tuesdays in January and February 2016.

Dates: - On Tuesday's

January 19<sup>th</sup>, 26<sup>th</sup>,  
February 2<sup>nd</sup> and 9<sup>th</sup>

The expectation is for Parents / Carers to attend every week.

**Where:**

Billingshurst Community and  
Conference Centre

Roman way, Billingshurst

RH14 9QW

**Time:** 5:30pm - 8:45pm

*Sandwiches, tea, coffee and soft drinks will be provided*



The course will focus on...

Understanding a bit more about Autism and Aspergers?

Learning more about how it changes the way your child experiences things?

Find out why your child has difficulty with some things?

Understanding why they sometimes do unusual or challenging things?

Then we can see how to use these ideas to help children with Autism and Aspergers with socialising, communicating, concentrating, joining in and learning