



Autism Hampshire will be holding free Autism support and information workshops for families of autistic children and young people, across Hampshire. Each course will be made up of six separate workshops.

Workshop Details



- The aim of the course is to provide insight, advice and support prior, during or post a child's assessment and diagnosis.
- Each session will explore a child's unique way of experiencing the world, and suggest practical ways in which their differences can be accommodated and supported.
- The focus will be on nurturing the autistic child and their characteristics rather than teaching them to 'mask' or 'pass for normal'.

Workshop Format



- Online via Microsoft Teams
- Workshops spread across six sessions
- Duration of sessions: Three hours
- The first part consists of a presentation after which there will be an opportunity for questions

Who Should Attend?



- Family members and others closely associated with the care and support of the child
- Professionals may only attend in their capacity as parents or carers

Session Schedule

Session 1 – Introduction to the Neurodiversity approach. Provides the foundation and context for the other sessions.

Session 2 – Autistic Thinking. Explores how differences in brain structure can generate some unique and individual styles of thinking, and offers practical advice on how to support some areas of difficulty.

Session 3 – Autistic Communication. Discusses autistic perspectives on the use and processing of communication and ideas for adapting interactive styles in order to respect and accommodate them.

Session 4 – Autistic Social Interaction. The focus is on rethinking social expectations and helping autistic people develop relationships in an authentically autistic way.

Session 5 – Autistic Sensory Perception. Demonstrates how atypical sensory perception is manifested in stims, how to interpret them, and suggests things to try in the absence of viable strategies created by the person themselves.

Session 6 – Behaviour. Demonstrates how accepting, understanding and adapting to how children and young people see the world can dramatically reduce anxiety and behaviours of concern.

Course Dates 2024



Group 3 - Online

09.30am to 12.30pm

Monday 2nd September
Monday 16th September
Monday 30th September
Monday 14th October
Monday 4th November
Monday 18th November

Group 4 - Online

6pm to 9pm

Wednesday 4th September
Wednesday 18th September
Wednesday 2nd October
Wednesday 16th October
Wednesday 6th November
Wednesday 20th November

Group 5 - Online

9.30am to 12.30pm

Thursday 12th September
Thursday 26th September
Thursday 10th October
Thursday 24th October
Thursday 7th November
Thursday 21st November

Course Dates 2025

Group 6 - Online

9.30am to 12.30pm

Monday 6th January
Monday 13th January
Monday 20th January
Monday 27th January
Monday 3rd February
Monday 10th February

Group 7 - Online

6pm to 9pm

Monday 6th January
Monday 13th January
Monday 20th January
Monday 27th January
Monday 3rd February
Monday 10th February

Group 8 - Online

9.30am to 12.30pm

Thursday 9th January
Thursday 16th January
Thursday 23rd January
Thursday 30th January
Thursday 6th February
Thursday 13th February

Please be advised that if insufficient numbers of attendees are booked onto any specific course, we may be required to offer you an alternative. This will be avoided wherever possible and we will ensure to give five working days' notice if this is the case.

We expect participants to attend and actively engage with all six sessions. A certificate will be issued on successful completion of the full course. In the event that you are unable to attend a session, please let us know in advance, where possible at trainingadmin@autismhampshire.org.uk or contact your trainer directly.

These sessions will all be held virtually via Microsoft Teams, so you will need to have access to the appropriate technology, including camera and microphone. If you require any reasonable adjustments in order to attend, please contact us to discuss prior to the start of the course.

HOW TO BOOK

General Link: <https://www.tickettailor.com/events/autismhampshire1>