**SUPPORTING PARENTS OF YOUNG PEOPLE WITH AUTISM SPECTRUM DISORDER (ASD)**

**The sessions are facilitated by Psychology and Occupational Therapy with Guest Speakers from Speech and Language Therapy, Educational Psychology and Hackney specific support.**

**WHEN:** **First Friday of the Month**

**TIME: 9.30am to 11.30am**

**WHERE: City and Hackney CAMHS, 15 Homerton Row, E9 6ED**

**Friday 5th January 2018, 9.30-11.30am**

**Supporting Social Skills and Peer Relationships**

**Friday 2nd February 2018, 9.30am-11.30am**

**Sensory and emotional regulation in ASD**

**Friday 2rd March 2018, 9.30am-11.30am**

**Talking about the ASD Diagnosis with your Child**

***\*Friday 6th April 2018, 9.30am-11.30am***

**Using social stories to support your child**

**Friday 4th May 2018, 9.30am-11.30am**

**Supporting Sibling Relationships in the context of ASD**

**\*Friday 1st June 2018, 9.30am-11.30am**

**Managing Puberty and Social Functioning**

**Friday 6th July 2018, 9.30am-11.30am**

**Parenting Stress: A Mindfulness Approach**

***\*Friday 3rd August 2018, 9.30-11.30am***

**Developing Independence skills**

**Friday 7th September 2018, 9.30am-11.30am**

**Managing Arguments and Miscommunications**

**Friday 5th October 2018, 9.30am-11.30am**

**Managing School and ASD**

**Friday 2nd November 2018, 9.30am-11.30am**

**Anxiety and Anger Management**

**Friday 7th December 2018, 9.30am-11.30am**

**Dealing with demands**

**Dr Laura Roughan, Clinical Psychologist 0203 222 5600 or Heather Scott at the ARK 0207 0147025**