

A 6 week programme for parents and carers of children with autism aged 8-19 years old.

Cygnnet at Hackney Ark is a parenting support programme aimed at:

- ✓ Parents/carers whose children are over 8 and have recently received a diagnosis of autism spectrum disorder
- ✓ Parents/carers whose children are over 8 and would like more support to understand their child's autism and meeting their needs.
- ✓ Children must have a GP in Hackney.

The programme aims to support parents in meeting their child's needs by providing them with appropriate knowledge and skills in a mutually supportive environment.

Six group sessions, 1 session a week covering core topics: Diagnosis, communication, sensory issues, understanding behaviour, managing behaviour, puberty & relationships.

Developed by the charity Barnardos and run by Cygnnet trained professionals.

Cygnnet is a supportive group environment, with the opportunity to share experiences and strategies with other parents.

If you would like to refer a child to the Cygnnet programme or receive more information please contact:

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Hackney Ark  
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