



What Next?

A practical course for parents following their child's diagnosis of Autism.

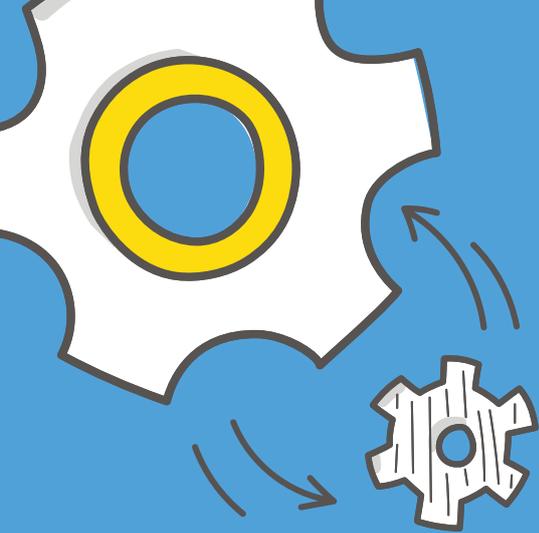


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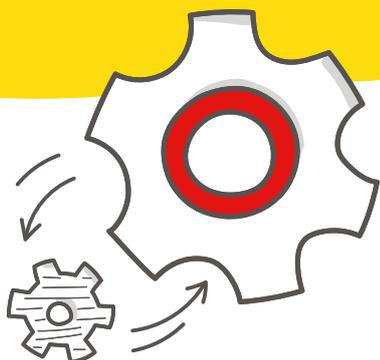
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An autism diagnosis can be difficult to come to terms with. You may be coping with a diagnosis you know very little about and trying to find new ways for everyone to live together and feel supported.

Moving on from a diagnosis can seem daunting, but we're here to help. Our "What Next?" group explores the next steps after your child's diagnosis. Our groups are run by highly qualified clinical psychologists and speech and language therapists, with many years' experience of working with children and young people with autism.



What to expect

We offer a four-week course, providing an opportunity to meet other parents and carers, to explore various topics to help increase your understanding of your child's autism, develop your appreciation of the positives of neurodiversity, and develop strategies to respond to differences.

We are proud to provide a welcoming, supportive and non-judgemental environment.

9.30am to 10am Arrive for a light breakfast, with tea & coffee

10am to 11am Session 1

11am to 11.30am A short break, with refreshments available

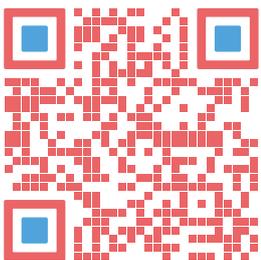
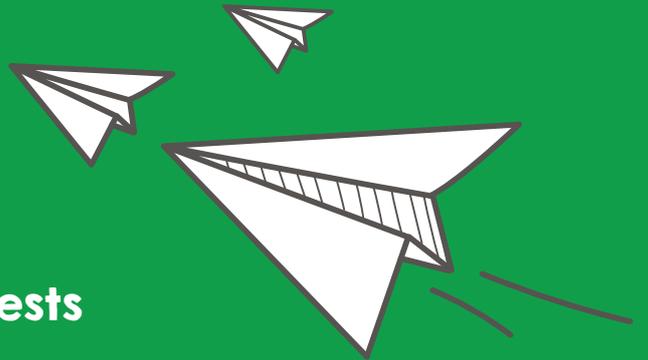
11.30am to 12.30pm Session 2



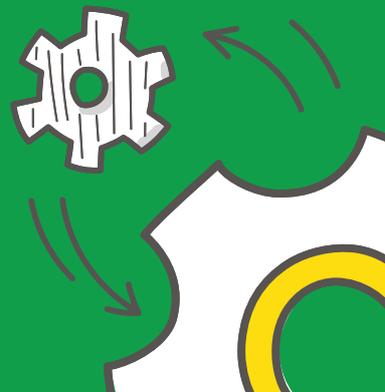
Our topics

We have developed a programme to help support parents and carers understand more about how autism is experienced by children and young people. We will cover a wide range of topics:

- What is Autism?
- Communication
- Sensory differences
- Repetitive and restricted interests and behaviours
- Understanding behaviour and the arousal cycle
- Self-esteem and time with other people
- Anxiety and stress
- Puberty and independence
- Education and planning for the future



Interested in joining our next group? Scan the QR code for details





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