

# AUTISM & ADHD

## Training Programme



For parents & carers in West Sussex

## **ABOUT THE TRAINING PROGRAMME:**

We are pleased to announce a new programme of learning events for parents and carers of children and young people with Autism and ADHD/ADD funded by the Clinical Commissioning Group and West Sussex County Council.

The programme offers a varied selection of workshops and courses, some led by parents and carers, others by professionals. These are to enable you and your family to develop your understanding of the conditions and issues experienced by your children.

Many new dates and courses will be added throughout the year, so look out for updates.

## **OUR TRAINING PARTNERS:**

Training will be carried out by our training partners Amaze, Aspens, Compass, Impact Initiatives, Reaching Families and the West Sussex County Council Autism and Social Communications Team.

## **AM I ELIGIBLE TO BOOK ONTO A COURSE?**

These funded courses are available to parents and carers of children and young people who live in West Sussex.

## **HOW TO BOOK:**

Courses are free, but must be booked through our Eventbrite page here: <https://www.eventbrite.co.uk/o/coastal-west-sussex-mind-8288439768>

As we are anticipating a high demand for these courses, please let us know as soon as possible if you need to cancel your place.

## **FOR MORE INFORMATION AND TO CONTACT US:**

Please contact the Coastal West Sussex Mind training team on:  
**01903 277010** or [training@coastalwestsussexmind.org](mailto:training@coastalwestsussexmind.org)

## **COURSE DETAILS**

### **Making Sense of ADHD**

**- 18.06.18 in Crawley / 15.02.19 in Haywards Heath -**

This course will help parents and carers to understand ADHD and the impact it has on their child's relationships, behaviour and day-to-day life. It explores some basic strategies and will share information on the local resources that could be available to parents carers, children and young people for support.

### **Making Sense of Challenging Behaviour**

**- 09.07.18 in Bognor Regis / 12.09.18 in Crawley -**

We look at the reasons for the behaviour and how positive behaviour can be encouraged and challenging behaviours reduced. Information on local resources that could be available to you and your child will be shared.

### **Making Sense of Autism**

**- 16.07.18 in Horsham / 28.09.18 in Worthing -**

Learn more about your child's diagnosis and how Autism and social communication difficulties may impact upon your child in the home, school and wider community. Basic strategies for helping them will be explored and information on local resources that could be available to you and your child will be shared.

### **Handling Stress and Building Resilience**

**- 06.11.18 in Worthing / 18.03.19 in Bognor Regis -**

This workshop helps parents identify and better understand stress and its early warning signs, develop strategies to minimise stress whilst learning how to build and nurture their own resilience.