

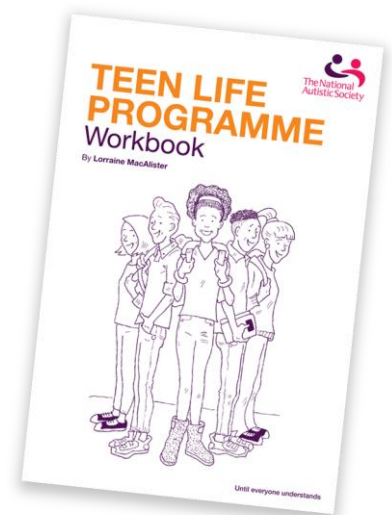
Teen Life Parent Support Programme Information

This is a six week parent support programme which will run weekly from the school training suite. The programme will allow you to explore your child's Autism and support strategies. The sessions are interactive. It allows you to request a supporting professional eg. School staff, PA, support staff to attend the sessions with you and be part of the discussions around your child.

All NAS parent support programmes work along the principles of supporting parents to gain an improved knowledge of Autism and increased confidence. One of the principle benefits highlighted by parents is meeting and sharing experiences with other families.

The six sessions cover a range of topics including:

- Understanding Autism & Autistic perspectives
- Self Esteem
- Spending time with other people
- Stress and anxiety
- Understanding behaviour
- Understanding your diagnosis
- Understanding intense interests
- Managing expectations
- Puberty & Independence skills
- Education & Planning for the future



If you would like to take part please return an application form to training@lighthouseschool.co.uk and we can provide further information regarding the availability of courses.

Regards,
Victoria Eustace & Zuhail Cetinkaya
NAS Teen Life Facilitators (TL158 & TL157)



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