



National
Autistic
Society
Scotland

PARENT AND
CARERS

Teen Life Programme

For all Parent and Carers

Join the National Autistic Society's Teen Life Programme for Parent and Carers of young autistic people ages 10 to 16 years old.

The six-sessions will cover:

- understanding autism
- understanding autistic identity
- stress and anxiety/ understanding behaviour
- health and wellbeing
- puberty
- education/ planning for the future

"This has made a real difference to me. In general life-changing."

Parent

The Teen Life programme aims to empower parents and supporting professionals to understand more about autism and discuss useful strategies on how to support autistic teenagers.

For more information -

Autism Support Ayrshire

Email - Autismsupportayrshire@nas.org.uk



Find out more:



www.autism.org.uk



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