



Parent/Carer Training Calendar

August - December 2026

Training sessions can be booked via Eventbrite using the QR code below. Please note which sessions are open to professionals and members of the wider community. If a session is fully booked on Eventbrite, please contact us using the email address below to be added to the waiting list.



If you have any questions, queries, or suggestions, please email hope@hopeforautism.org.uk.

If you would like to support our work, donations can be made via our website: <https://www.hopeforautism.org.uk>.

If you are an organisation interested in arranging training for your staff or service, please contact us at hope@hopeforautism.org.uk, and we will be happy to discuss and organise training to meet your needs.

Further information about each session can be found at the end of this leaflet.

Online training: Delivered via Zoom (a link will be emailed the day before the event).

In-person training: Held at various community centres and venues across the council area. Please see the back of the booklet for addresses.

Eventbrite QR Code:



facebook.com/HOPEforAutismNL



@HOPEforAutismNL



instagram.com/hopeforautismnl/



August

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Thursday 13 th , 20 th & 27 th of August, 3 rd of September	5:30pm – 6:30pm	NeuroBears	Facilitated by HOPE for Autism Created by: https://www.pandasonline.org	Any child/young person ages 8-13 with a safe adult	Online Via Zoom	Members £15 Non-Members £30
Tuesday 18 th August	10:00am – 11:30am	Sleep Training: Practical Tools for Carers	HOPE for Autism	North Lanarkshire Parent/Carer	Online Via Zoom	Free
Sunday 23 rd	9:30am – 1:30pm	Understanding and Supporting Your Autistic Young Adult	HOPE for Autism	Lanarkshire Parent/Carers	Jim Foley Community Centre	Free



September

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tuesday 1 st & 8th	9:30am – 1:30pm	Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop in Partnership with CL&D	HOPE for Autism	North Lanarkshire Parent/Carers	Newarthill Community Centre	Free
Wednesday 2nd	10:00am – 2:00pm	Trauma Informed Parenting	T.I.P.	Lanarkshire Parent/Carers	Andrew Hamilton Community Centre	Free
Thursday 3rd	10:00am – 11:30am	Introduction to Autism	HOPE for Autism	Lanarkshire Parent/Carers Professionals Welcome	Online Via Zoom	Free
Thursday 10 th	1:00pm – 4:00pm	Mental Health First Aid Training	HOPE for Autism	North Lanarkshire Parent/Carers	Muirfield Community Centre	Free
Tuesday 15 th	6:30pm – 9:00pm	Challenging Behaviour: Distress Not Defiance	HOPE for Autism	Lanarkshire Parent/Carers	Burnhead Community Centre	Free
Sunday 20th	9:30am-11:30am	Understanding Autistic Masking	HOPE for Autism	North Lanarkshire Parent/Carers	Coatbridge Community Centre	Free



October

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Thursday 1 st , 8 th , 22 nd & 29 th	5:30pm – 6:30pm	Neurobears	Facilitated by HOPE for Autism Created by: https://www.pandasonline.org	Any child/young person ages 8-13 with a safe adult	One Wellwynd	Members £15 Non-Members £30
Friday 9 th	9:30am – 12:30pm	Extreme Demand Avoidance: Practical Tools for Carers	HOPE for Autism	North Lanarkshire Parent/ Carer	Muirfield Community Centre	Free
Sunday 18 th and 25 th	9:30am – 1:30pm	Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop	HOPE for Autism	North Lanarkshire Parent/Carers	Springfield Community Centre	Free
Monday 19 th & 26 th	9:30am – 1:30pm	Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop in Partnership with CL&D	Hope for Autism	North Lanarkshire Parent/Carers	Muirfield Community Centre	Free
Tuesday 20 th	9:30am – 11:00am	Introduction to Autism	HOPE for Autism	Lanarkshire Parent/Carers Professionals Welcome	Frank Ferguson Community Centre	Free



Tuesday 20 th	12:00pm – 1:30pm	Advocating for your Neurodivergent Child	HOPE for Autism	North Lanarkshire Parent/Carers	Frank Ferguson Community Centre	Free
Tuesday 20 th	2:30pm – 5:00pm	Autism Exploration – Could I be Autistic	HOPE for Autism	18 + Lanarkshire	Frank Ferguson Community Centre	Free

November

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tuesday 10 th	9:30 am– 11.30am	Understanding Autistic Masking in Partnership with CL&D	HOPE for Autism	Lanarkshire Parent/Carers Professionals Welcome	Pather Community Centre	Free
Sunday 15 th	9:30am – 12:30pm	Extreme Demand Avoidance: Practical Tools for Carers	HOPE for Autism	North Lanarkshire Parent/ Carer only	Burnhead Community Centre	Free
Tuesday 17 th	9:30am – 1:30pm	Understanding and Supporting Your Autistic Adult	HOPE for Autism	North Lanarkshire Parent/Carer	Gartlea Community Centre	Free
Tuesday 17 th	7:00pm – 8:30pm	Introduction to Autism	HOPE for Autism	North Lanarkshire Parent/ Carer Professionals Welcome	The Link Community Facility	Free



More information:

Training delivered by HOPE for Autism

Sleep Support: Practical tools for Carers

Sleep can be complicated, especially for neurodivergent children and young people. This practical and compassionate workshop explores sleep through a neuro affirming lens, recognising that sleep difficulties are about regulation, not failure.

Led by autistic adults, the training explores how sleep works, what can get in the way, and a wide range of practical strategies to support regulation, sleep quality, and calmer mornings. Families will also receive a simple sleep strategy workbook to help identify what works best for their child over time.

NeuroBears – 4-week course (1-hour sessions) <https://www.pandasonline.org/>

NeuroBears is a course all about the autistic experience. It is accessible for autistic young people (ages 8-14), who can attend with their safe adult. The course is made up of 12 short videos watched over 4 weeks either delivered on zoom or in person. A supporting course handbook is also provided. NeuroBears has been created by autistic adults in collaboration with autistic young people to provide an easy-to-understand course. HOPE has a licence to deliver this course.

Introduction to Autism for Parents and Carers

Are you in the early stages of thinking that your child could be autistic? Are you a professional working with children who are autistic and you need a little more understanding? Join our informative session designed to provide you with a first look at autism and some basic support strategies.

Led by autistic adults, this introductory session provides valuable insights, empowering you with confidence and some basic tools needed to navigate the early stages of understanding and supporting your autistic child

Understanding and Supporting Your Autistic Young Adult

Are you a parent of a young autistic adult? Join our comprehensive workshop designed to help you better understand and support your young adult on their journey.

Led by autistic adults, this workshop will provide valuable insights into the unique experiences and needs of young autistic adults. Learn practical strategies to foster independence. Connect with other parents, share experiences, gain the confidence and tools you need to support your young adult.



Challenging Behaviour: Distress Not Defiance

Dysregulation can present in many different ways and is often misunderstood. It is not about someone being difficult, but about a person struggling to cope with what is happening around them or within them. Factors such as busy environments, social pressure, differing expectations or unclear communication can all make it harder to stay regulated.

For autistic people, this can be more complex. Sensory differences, communication styles and emotional processing can all contribute to how dysregulation is experienced and expressed. This is why it is so important to look beyond the behaviour and consider what support might be needed.

With understanding, clear strategies and compassionate support, we can help create safer, more inclusive and accepting spaces for everyone.

Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop:

Join us for an insightful and transformative workshop, created and delivered by autistic adults with autistic children. This unique two half-day session offers a fresh perspective on autism.

In the first session, you will learn what autism is, how it is identified, and explore the traits of autism. We will discuss how it feels to be autistic and how the autistic brain may process information.

The second session focuses on the strengths of autistic thinking and promoting good mental wellbeing. We will explore the development of effective support strategies, focusing on methods to support your autistic child's wellbeing.

By the end of the workshop, you will leave with increased confidence and practical tools to support your autistic child, along with a deeper understanding of neurodiversity and autism.

Autism Exploration: Could I be Autistic?

Are you an adult who has ever wondered if you might be autistic? Join us for an informal and fun workshop designed to help you explore and understand your potential autistic identity. Led by autistic adults, this session will provide you with valuable insights and supportive resources to embark on a journey of self-discovery.

Through discussions and peer support, you'll gain a deeper understanding of autism and how it may relate to your experiences. Whether you're seeking answers, community, or support, this workshop offers a safe, inclusive and engaging space for your journey.

For adults 18 years and older. Please note this is not a diagnostic service but a space to openly discuss your questions with autistic adults about yourself.



Extreme Demand Avoidance (Also known as PDA): Practical Tools for Carers

Are you supporting someone who is Extreme Demand Avoidant (EDA)? Join our workshop designed to help you recognise and understand demands and provide effective support for individuals who are EDA.

Led by autistic adults, this workshop will help you with practical strategies to reduce demands and structure conversations in a way that supports the EDA individual.

Please note this is for Parent/Carers only.

Understanding Autistic Masking

What It Is, Why It Happens, and How to Support It

Advocating for your Neurodivergent Child

Would you like to feel more confident talking to your child's school about their support needs? This practical workshop will help parents and carers prepare for meetings, explain hidden differences, communicate their child's needs clearly, and develop positive, collaborative relationships with school staff.

Led by autistic adults, the session provides straightforward, neuro affirming strategies to help you advocate with confidence and work alongside your child's school to create the best possible support for your child.

Training delivered by other Organisations:

Trauma Informed Parenting - <https://www.traumainformedparenting.uk/>

In this workshop our aim is to improve mental health and wellbeing, change generational patterns of behaviour by giving parents and caregivers an awareness of the trauma informed approach

The objectives will be

1. Understanding that all negative behaviours arise from a state of stress and fear.
2. Recognising our own fear and stress in these moments and how that is affecting our connection with our child.
3. Learning what is really going on in our child's brain and our own brain in these moments of stress and fear.
4. Learning strategies and coping skills to help stay calm and regulated ourselves so that we are more able to help our children learn these skills, enabling them to think clearly enough to make decisions and learn.
5. Understanding the 3 pathways of emotional expression.
6. Seeing the power of an apology when de-escalating a stressful situation and taking the responsibility.
7. The importance of connection and relationship when healing trauma and teaching children to build resilience



Training delivered by NHS Neurodevelopmental Service

Please note the ND service run several workshops. For more info see their Facebook page: Neurodevelopmental Service- CYP NHSL

Or their Eventbrite page: Neurodevelopmental Service - CYP NHSL <https://www.eventbrite.co.uk/o/neurodevelopmental-service-cyp-nhsl-78023144453>

Venues:



Gartlea Community Centre

Hillfoot Rd, Airdrie ML6 9PB



Coatbridge Community Centre

9 Old Monkland Rd, Coatbridge ML5 5EA



Jim Foley Community Centre

Sheildmuir St, Wishaw ML2 7TJ



Newarthill Community Centre

High Street, Newarthill, ML1 5JU



Burnhead Community Centre

Burnhead St, Uddingston G71 5AT



Andrew Hamilton Community

Leven Terrace, Carfin, Motherwell ML1 4DR



Springfield Community Centre

95 Forrest St, Airdrie ML6 7BA

Muirfield Community Centre

1a S Muirhead Rd, Cumbernauld, G67 1AX

Pather Community Centre

Caledonian Rd, Wishaw ML2 0HZ



Frank Ferguson Community Centre
187 Motherwell Road, Bellshill ML4 2JG



One Wellwynd
35 Wellwynd, Airdrie ML6 0BN





Family Support Services

Information Drop in events

Along with HOPE there will be lots of organisation who offer a variety of services to support families with autistic children and autistic people themselves. These are informal drop in events.

Tuesday 8th September

10-12noon

Netherton Community Centre,

Tuesday 6th October

10-12noon

Burnhead Community Centre

Tuesday 3rd October

10-12noon

Burngreen Community Centre



Parent Support Groups

Come and meet other parents raising autistic children to share advice and support.

Tuesday

Parent Support Group

Online (via Zoom)

Last Tuesday of the month 7 - 8:30pm

30th June

28th July

25th August

29th August

27th October

24th November

29th December

**For more details email hope@hopeforautism.org.uk*

Thursday

Motherwell Library,

35 Hamilton Road, Motherwell

Womens Group

Wednesday 19th August 2026

Wednesday 2nd September 2026

Wednesday 16th September 2026

Wednesday 30th September 2026

Men's Group

Wednesday 26th August 2026

Wednesday 9th September 2026

Wednesday 23rd September 2026