



RENFREWSHIRE CARERS CENTRE

A Lifeline for Carers in Renfrewshire

Renfrewshire Carers Centre Autism courses for parent Carers Facilitated by Anne Love from **“Love Autism”**

Coping with challenging behaviour 21st November 22 10.30am to 12pm

What is ‘challenging’ behaviour? What causes ‘challenging’ behaviour?

What are meltdowns/shutdowns and what causes them? How can I support my child/young person with this? Which are the most effective strategies to use? Join me for this session and together we will explore the answers to these and other questions.

Handling School meetings 12th December 22 10.30am to 12pm

School meetings about your child/young person can be stressful; I speak from experience! Come along to this session and meet other parent Carers in similar positions. You'll leave the session with some hints, tips and advice on how to make school meetings less stressful.

My child struggles to go to school 06th February 22 10.30am to 12pm

Some children find school a very difficult place to be especially if they are autistic. Join me for this session to find out why this is the case and leave with advice on how to handle what can be a very stressful scenario for the whole family.

Preparing for transition 06th March 22 10.30am to 12pm

Together we will discuss what we mean by transitions and why they can be so tricky for autistic children and young people. Learn some hints and tips on how to help them better manage transitions to make life easier for them and for you.

All sessions will be held in the Carers Centre
St James House, 25 St James Street, Paisley, Renfrewshire, PA3 2HQ

If you would like to attend any of the sessions, please contact

enquiries@renfrewshirecarers.org.uk

0141 887 3643