

Coping with Christmas

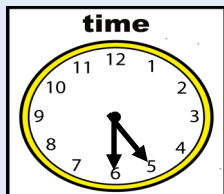
Christmas can be both stressful and enjoyable for families. But for autistic children and young people, this time can be especially challenging.

The festive period often means changes to routines, changes to the environment and more parents and carers dealing with complex social demands.

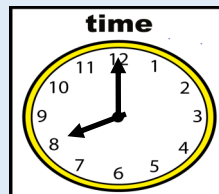
This interactive workshop will focus on practical approaches for families and staff to make Christmas more manageable and enjoyable for autistic people.

November 2022						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Wednesday 23rd Nov 2022



Start Time: 5.30pm



Finish Time: 8pm

WHERE: The Ark, Citadel Quay, South Harbour Street, Ayr KA7 1JB



HOW TO BOOK:

Scan the QR code to take you to the workshop page on our website or visit www.nest.scot/workshops. Click RSVP and submit your details.

If you have any questions about this workshop please contact info@nest.scot

Hosted by NEST (NHS Ayrshire & Arran / H&SC Partnerships)

and delivered by Three Sisters



Three Sisters
Consultancy

