

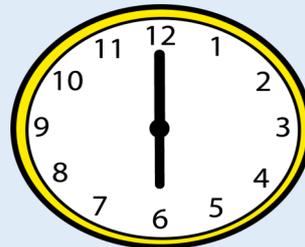
Coping with Christmas

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

November 2022						
S	M	T	W	T	F	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			



Thursday, Nov 17th 2022

Start Time 6pm

WHERE: Please note this is an online event and a link will be sent once booking has been confirmed.



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.

Hosted by NEST (NHS Ayrshire & Arran / H&SC Partnerships)
and delivered by Three Sisters



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Consultancy**

