**Are you a family caregiver for a child who has a learning disability, global developmental delay, is Autistic or on the ASD Pathway, aged 0-5 years?**

If so, you might be interested in attending

**Early Positive Approaches to Support (E-PAtS)**

E-PAtS is an 8 session group that provides sensitive support and information for families in the early years. All groups are delivered by a trained family caregiver and professional and cover:

**Accessing services and supports**

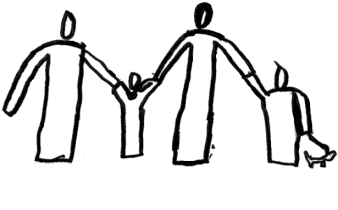
**Emotional wellbeing and resilience for caregivers**

**Supporting sleep for children**

**Supporting communication**

**Supporting skills development**

**Positive approaches to behaviours that challenge**



In E-PAtS **you are always the EXPERT on your child**. You will have the opportunity to work alongside other families to build on ways to support yourselves, your child and family. **You will never be judged or told what to do.**

**Starting Monday 25th April 2022 – 10am-12.30pm**

If you would like to find out more about how you can take part please contact ***AbilityShetland*** to request further information: abilityshetland@shetland.orgImage

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