

AEM

Autism East Midlands

Parent/Carer Workshops 2025/26

Location: Delivered over Zoom

Time: Each session (except for Sleep) will run once in the daytime, and once in the evening on the same day – these will be identical sessions, it is not necessary or expected that you attend both. Daytime sessions are 10-11.30am, evening sessions 7-8.30pm.

Cost: Free to attend

Suitability: Parents/carers of children under 18

What's on?

Weds 10 th Dec	Introduction to Autism
Weds 21 st Jan	Autism and Girls
Weds 25 th Feb	Autism and Sleep (no daytime session)
Weds 18 th March	Promoting Positive Behaviour
Weds 22 nd April	Autism and Sensory Differences
Weds 20 th May	Autism and Schools
Weds 24 th June	Autism and Claiming Disability Living Allowance

Don't worry if you're not familiar with zoom or are uncomfortable with appearing on screen. We can arrange a practice Zoom beforehand if you feel that would help – just ask! During the actual workshop there is no pressure to have video or audio on, so you can just watch the presentation.

If you would like to attend any of the above dates, please email lesley.lock@aem.org.uk at least 24 hours before the workshop you would like to attend.