

# 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 <sup>th</sup> Dec	Introduction to Autism
Weds 21 <sup>st</sup> Jan	Autism and Girls
Weds 25 <sup>th</sup> Feb	Autism and Sleep (no daytime session)
Weds 18 <sup>th</sup> March	Promoting Positive Behaviour
Weds 22 <sup>nd</sup> April	Autism and Sensory Differences
Weds 20 <sup>th</sup> May	Autism and Schools
Weds 24 <sup>th</sup> 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](mailto:lesley.lock@aem.org.uk) at least 24 hours before the workshop you would like to attend.