

AEM

Autism East Midlands

Parent/Carer Workshops 2025

- 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?

Tues 20 th May	Introduction to Autism
Tues 17 th June	Autism and Girls
Tues 15 th July	Autism and Sleep (no daytime session)
Tues 19 th August	Promoting Positive Behaviour
Tues 16 th September	Autism and Sensory Differences
Tues 21 st October	Autism and Schools
Tues 18 th November	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.