

# Being a Parent of an Autistic Child

**Do you have a child who is autistic or who is on the pathway?**

- Term time only
- Support programme for Durham parents, led by Durham parents

**Our FREE course helps to support you and your autistic child**

**Our Next Course will be starting Monday 22<sup>nd</sup> April 10am until 12.30 noon at Ferryhill Family Hub**

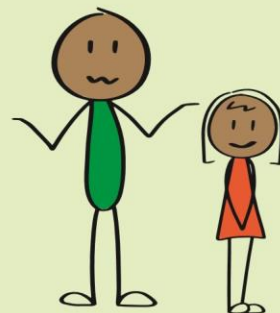
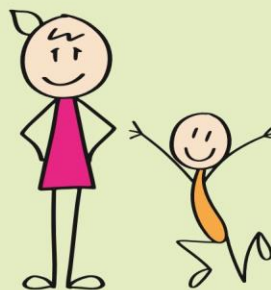


EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



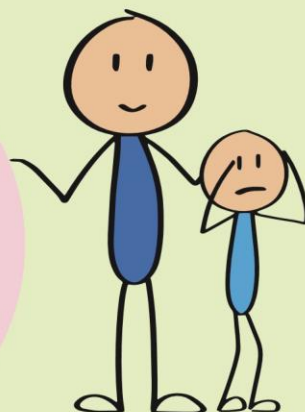
For more information [EPEC@durham.gov.uk](mailto:EPEC@durham.gov.uk)





**Try out a new way of doing things**

**10 week course for 2.5 hours a week**



**Managing feelings and behaviour**

**Sensory processing differences**

**Coping with change**

**Take time out for yourself**

**Meet other parents**

**Being a Parent of an Autistic child**

**All families are different, and all autistic children**

**Get practical support**



For more information [EPEC@durham.gov.uk](mailto:EPEC@durham.gov.uk)