

Nottingham City
Autism Team

Parents/ Carers Workshop

Emotional Regulation

Description

This workshop is designed for parents/carers/families of autistic children and young people to help build knowledge and understanding about self regulation and emotional control.

It focuses on the early warning signs associated with them

When: Thursday 24th April 2025

Time: 10-11.30am

Where: Microsoft Teams

Slides and materials can be sent afterwards, but the session will not be recorded

Benefits

This workshop will be a safe space to ask questions and meet other parents

By the end you should have gained:

- visual and therapeutic strategies
- work towards building a toolkit which will help your children and young people to self-regulate and manage their anxiety

There is no need to book. Just click the link or QR code below to join

Join the meeting now

Meeting ID: 334 981 980 182

Passcode: LK9qp9j5

