

Autism Team

Parent and Carer Workshops 25-26



SESSION	DESCRIPTION	DATE/TIME	WHERE
Transition to secondary school (year 6 drop-in for parents)	To support understanding of transition to secondary school and the Autism Team's support offer. Top tips and resources will be shared.	23.09.25 10.00-12pm	This is a face to face session. At: Ellis Guilford Community Hub, Ellis Guilford, Bar Lane, NG6 OHT
AET Making Sense of Autism - Autumn term	An awareness-raising session to enhance parents/carers/families understanding of autism and the reasonable adjustments that need to be considered to support autistic children.	03.12.25 5.00-6.30pm	This session will be on Microsoft Teams. Join the meeting now 
Emotional Regulation	This workshop will focus on recognising feelings of anxiety and the physical early warning signs associated with them. The session aims to help parents/carers in supporting their children and young people with self-regulation and emotional control. Parents/Carers will develop visual and therapeutic strategies and work towards building a self-regulation toolkit to help their children & young people manage anxiety.	26.02.26 12.00-1.30pm	This session will be on Microsoft Teams. Join the meeting now 
AET Making Sense of Autism - Spring term	An awareness-raising session to enhance parents/carers/families understanding of autism and the reasonable adjustments that need to be considered to support autistic children	04.03.26 12.00-1.30pm	This session will be on Microsoft Teams. Join the meeting now 



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Nottingham
City Council

Autism Team

Parent and Carer Workshops 25–26



SESSION	DESCRIPTION	DATE/TIME	WHERE
Transition to secondary school (Year 5 parents)	To support understanding of transition to secondary school and the Autism Team's support offer. Top tips and resources will be shared.	21.04.26 5.00-6.00pm	<p>This session will be on Microsoft Teams. Join the meeting now</p> 
Emotional Regulation	This workshop will focus on recognising feelings of anxiety and the physical early warning signs associated with them. The session aims to help parents/carers in supporting their children and young people with self-regulation and emotional control. Parents/Carers will develop visual and therapeutic strategies and work towards building a self-regulation toolkit to help their children & young people manage anxiety.	12.05.26 5.00-6.30pm	<p>This session will be on Microsoft Teams. Join the meeting now</p> 
AET Making Sense of Autism – Summer Term	An awareness-raising session to enhance parents/carers/families understanding of autism and the reasonable adjustments that need to be considered to support autistic children	04.06.26 3.30-5.00pm	<p>This session will be on Microsoft Teams. Join the meeting now</p> 