

# 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. <a href="#">Join the meeting now</a> 
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. <a href="#">Join the meeting now</a> 
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. <a href="#">Join the meeting now</a> 



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Nottingham  
City Council

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## 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.</p> <p><a href="#">Join the meeting now</a></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.</p> <p><a href="#">Join the meeting now</a></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.</p> <p><a href="#">Join the meeting now</a></p> 