

# RIDING THE RAPIDS



## GROUP FOR PARENTS

This is a course for parents of primary children aged 4-11 years who are autistic or on the pathway for assessment



The course aims to help parents to understand and support their child's wellbeing, reduce stress, distress and distress related behaviours



You will be able to develop effective strategies to support your child and increase their own coping skills, and confidence



The course takes place for 2.5 hours a week for 11 weeks

Please contact your school Senior Mental Health Lead with any questions and to request a referral

The course will take place face to face at Kingsley Resource Centre in Ellesmere Port from 10am to 12.30pm on the following dates:

Wednesday 16 September  
Wednesday 23 September  
1 WEEK BREAK  
Wednesday 7<sup>th</sup> October  
Wednesday 14<sup>th</sup> October  
Wednesday 21<sup>st</sup> October  
1 WEEK BREAK  
Wednesday 4<sup>th</sup> November  
Wednesday 11<sup>th</sup> November  
Wednesday 18<sup>th</sup> November  
Wednesday 25<sup>th</sup> November  
Wednesday 2<sup>nd</sup> December  
Wednesday 9<sup>th</sup> December

Free parent led evidence based course. You must be able to commit to attend all dates

