



Cheshire Autism Practical Support

Family Empowerment Course



Family Empowerment Course

Autism Awareness Courses to Empower Parents



Our in-person and online training courses are designed by parents, for parents, offering practical tools and guidance to navigate the journey of raising a child with autism. We've been there, and we're here to help you.

Our community based learning opportunities improve understanding, develop skills & share experiences so that you can better support your child or young person.

Who's the training for?

ChAPS has been commissioned to offer FREE autism parent training programmes for residents in Northwich, Winsford, Chester, Rural Cheshire and Ellesmere Port, on behalf of the NHS Cheshire and Merseyside Integrated Care Board (ICB).

The 6 week course is for parents or carers of children aged 0-25 who are on the pathway to diagnosis or that have recently received an autism diagnosis, and are registered with a Cheshire West and Chester GP.

We also offer paid programmes for parents outside of Chester and Cheshire West. Speak to our team for more details!



“It has given me tools to manage my child’s behaviour. I also learnt tips from other parents for coping strategies that they use.”

“It has made me feel like I'm not on my own and was a great starting point to understanding autism”

Feedback from Parents - Family Empowerment Course



Family Empowerment Course

Course Content

Week 1: Introduction to Autism

- What is Autism?
- Understanding the autism spectrum and neurodiversity
- Understanding each Parent's Story

Week 2: Behaviour

- Understanding and supporting challenging behaviour
- Common interaction challenges and how to address them
- Tools for fostering understanding and connection

Week 3: Sensory Processing

- Exploring sensory differences in autism
- Practical strategies to create sensory-friendly environments
- Case studies and best practices for sensory support

Week 4: Communication and Interaction

- Understanding all communication
- Strategies to manage and support individuals effectively
- Real-life examples and interventions

Week 5: Support Strategies

- Advice on implementing support strategies
- Resource signposting for additional support and guidance

Week 6: Parent Wellbeing Support

- Understanding how to manage expectations
- Resources and support available for parents
- Recap of key strategies and Q&A session

Format: In-person or online courses delivered in Chester, Ellesmere Port, Northwich, and Winsford in either daytime or evening.

Duration: 2-hour sessions each week or can be adapted for a full day training session



Got any questions about our training courses, or interested in finding out more about booking a session?

Email us - info@cheshireautism.org.uk



Thank you for making a difference in the lives of autistic individuals by engaging with ChAPS!

ChAPS Autism Ark, Yarwoods Arm,
Navigation Road, Northwich, CW8 1BE

Charity number: 1149624

0344 850 8607

info@cheshireautism.org.uk