



Parents & Carers

Are you parenting an adolescent with an Autism diagnosis and living in the Southern Trust Area?

Join our **Parents Plus 'Special Needs Programme'** and meet other parents in a supportive group to help your adolescents reach their full potential.

Support your child to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

As a parent, learn how to:

- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children
- Manage challenging behaviour

If you are interested in the programme please contact
Joanne.McAteer@clanryegroup.com

The programme itself will run from Tuesday 17th January for 7 weeks
7pm-9pm online