**The Pines Autism Information Sessions February-December 2016**

**Supporting Parents and Carers of Children with Autism**

|  |  |  |
| --- | --- | --- |
| **Date** | **Time** | **Subject** |
| Thursday 4th February | 10am – 12pm | A positive future for your child and autism from an adult perspective. Presentation by Autism Rights Group Highland. |
| Thursday 3rd March | 10am - 12pm | Informal coffee morning, all welcome. |
| Thursday 28th April | 10am – 12pm | Educational Psychology. **Booking required.** |
| Thursday 5th May | 10am – 12pm | Sleep |
| Friday 27 May | 10am – 12pm | Pets and autism. Guest speaker Nuala Gardner |
| Thursday 2nd June | 10am – 12pm | Managing Anger |
| Tuesday 7th June | 6pm – 7:30pm | Twilight – Managing Anger |
| Tuesday 14th June | 5:30pm – 7pm | Summer Picnic **Booking required.** |
| Thursday 1st September | 10am -12pm | Diet |
| Thursday 3rd November | 10am -12pm | Transitions – from Secondary school |
| Tuesday 8th November | 6pm – 7:30pm  | Twilight – Transitions – from Secondary school  |
| Thursday 1st December | 10am -12pm | Puberty |
| Tuesday 6th December | 5:30pm – 7pm | Christmas event **Booking required.** |
| Thursday 15th December | 10am – 12pm | Informal Christmas social event  |

Please note that all bookable events can be booked by phoning

either the NAS or CHIP+ offices.

All events will be held at The Pines, Drummond Road Inverness, INV 4NZ. Booking not required for most sessions. After the presentation there will be plenty of time for coffee and chat. We look forward to welcoming you.

The National Autistic Society Scotland (01463 720057) Chip+ (01463 711189)