# HOPE <br> PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN FREE SELF-MANAGEMENT COURSE 

"It was wonderful to have access to this course in my own home at my own pace so I could do as little or as much as I wanted each day."

## ARE YOU A PARENT OF AN AUTISTIC CHILD?

Would you like to learn tips to cope better and be more resilient?
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## BOOK NOW

This 6 session programme is delivered online via our platform.

- Available 24/7 on any device
- Sessions released weekly
- Learn at a time and pace that suits you
- An option to remain anonymous
- Supported by trained facilitators

COURSE START DATES
24.01 .23
18.04.23
08.06.23
07.09 .23

