



Autism Support Sessions with Educational Psychologist

All Age Sessions (5-18 years)

PODS is organising these online sessions with Educational Psychologist every month. Sessions are small and limited to 10 attendees.

Open to all families who have a child with Autism or suspected Autism.

These sessions will cover but are not limited to: social/emotional issues, managing behaviours, routines, anxieties.

These are focussed sessions for parent carers or family members to meet with other families and a trained Educational Psychologist who will support with a solutions focussed model, sharing experiences and accessing support from each other. The sessions are open to all PODS members and need to be booked (daytime and evening session available).

Comments from previous attendees:

"Well structured and really effective sessions, despite being on TEAMS", "Sharing ideas and advice without being judged", "Finding out I'm not alone, or that I'm the only one", "Gives me ideas of techniques to try"

Bookings via: jayne@podstelford.org or 0777 534 2092 with details/times of which session(s) you would like to attend:

General Session: 12th October 9.30-11am or 5-6.30pm

Focussed session Anxiety and Emotions: 12th October 11.15am-12.45 or 6.45-8.15pm

General Session: 11th November 9.30-11am or 5-6.30pm

Focussed session: School Concerns (+ IASS Guest): 11.15am-12.45 or 6.45-8.15pm

General Session: 7th December 9.30-11am or 5-6.30pm

Focussed session: using Communication tools: 11.15am-12.45 or 6.45-8.15pm