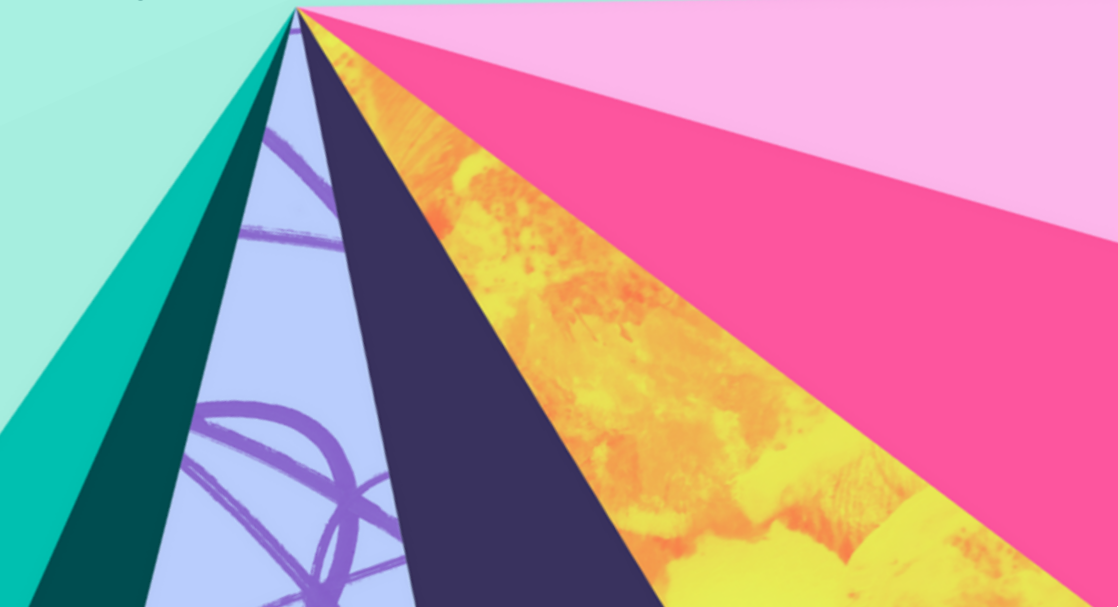


Shropshire Universal Autism Support Service

Our free service will offer bespoke workshops covering the following areas:

- Neurodiversity (Specifically Autism, ADHD and Demand Avoidance)
- Girls and the Autistic Spectrum, Demand Avoidance, masking
- Sleep
- EBSA



Kids Family Support



'**Healthy Parent Carer**' programme is designed to reinforce parent carers' resilience and improve health and wellbeing among parents of children with additional needs and disabilities through:

- Promoting greater empowerment, resilience and confidence of parent carers;
- Taking small steps that are associated with better health and wellbeing;
- Encouraging setting achievable goals and taking a problem-solving approach



'**Riding the Rapids**' programme to support parent carers' understanding of behaviour and implement support strategies.

- To understand their child's behaviour in the context of their additional needs, and apply strategies to support positive behaviours
- Develop stress management strategies and confidence in managing their child's behaviour
- Collaboration to develop tools they can take with them and continue to apply once the intervention is complete

Further Support

- Coffee mornings
- Drop-in sessions
- One-to-one support
- Child/young person 'Understanding me' group sessions

Contact Us:

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Email: kids.shropshire@kids.org.uk

Web: kids.org.uk/shropshire-universal-autism-support-service

