



**FREE**  
for  
Parents and  
Carers

# Autism and Anxiety

on-line training for Herefordshire and Worcestershire families

**Two FREE on-line training workshops for parent/carers of autistic children aged up to 18 or children waiting to be assessed for autism (both must be attended)**

This training is aimed at Herefordshire and Worcestershire parent carers of children up to 18 years who have been accepted for assessment on the ASD diagnosis pathway or who have received a diagnosis of autism.

**NHS**  
**Herefordshire and  
Worcestershire**  
Clinical Commissioning Group

Two FREE on-line training workshops  
for parent/carers of autistic children up to age 18 or children  
waiting to be assessed for autism (both must be attended)

## Autism and anxiety session 1

- An overview of the autism spectrum
- How autism is diagnosed
- How autism impacts daily life
- Introduction to autism and anxiety

## Autism and anxiety session 2

- What anxiety is
- Common difficulties which create anxiety
- How it can affect individual children
- Ways to support autistic children who are anxious

This training is aimed at Herefordshire and Worcestershire parent carers of children up to 18 years who have been accepted for assessment on the ASD diagnosis pathway or who have received a diagnosis of autism.

### Session 1 (parents must attend one of both sessions)

Via ZOOM - Wednesday 6th October 10:30 - 12:00 pm

Via WebNinja - Tuesday 16th November 1:00 - 2:30 pm

### Session 2

Via ZOOM - Thursday 14th October 1:00 - 2:30 pm

Via WebNinja - Tuesday 18th October 10:30 - 12:00 pm

Via WebNinja - Tuesday 9th December 1:00 - 2:30 pm

To book please visit our eShop:

<https://shop.autismwestmidlands.org.uk/collections/events>

You will be sent a link to join the sessions once booked.

**For more information please contact:**

**Email:** [info@autismwestmidlands.org.uk](mailto:info@autismwestmidlands.org.uk)

**Phone:** 0121 450 7575