

**autism**  
west midlands

**NHS**  
Herefordshire and  
Worcestershire

 **Herefordshire  
and Worcestershire**  
Integrated Care System



**Thursday 2nd March 2023**

**10:00am - 11:30am**

**FREE**

for  
Herefordshire &  
Worcestershire  
Parents &  
Carers

via Microsoft  
'Teams'

# Autism and the Teenage Brain

The teenage years present challenges and opportunities for everyone including autistic young people and those around them. As part of our pilot service of support for 14-18 year olds, with a recent autism diagnosis, we are offering a parents training session about autism and the teenage brain which will cover:

- A short refresher about the autism spectrum
- Distinguishing between adolescence and puberty
- Changes that occur in the brain in the teen years
- How growing up and autism interact
- Suggestions on supporting an autistic teenager

This training is open to any parent or carer in Herefordshire and Worcestershire with a recently diagnosed autistic teenager.

To book and for more information please visit:

<https://www.autismwestmidlands.org.uk/events>