



**Thursday 16th March 2023**  
10:00am - 11:30am

**FREE**  
for  
Herefordshire &  
Worcestershire  
Parents &  
Carers

# Supporting your Autistic Teen

via Microsoft  
'Teams'

As part of our pilot service of support for 14-18 year olds, with a recent autism diagnosis, we are offering this training session about supporting your autistic teen.

**The session will cover:**

- Transitions
- Sensory differences
- Burnout
- Navigating relationships and self-identity
- Online safety

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>