

# Information Sessions for Parents and Family Carers

Autism Tasmania is conducting a series of information sessions for parents and family members of children of all ages on the autism spectrum. These sessions provide an opportunity to learn about and discuss a variety of autism specific issues in a friendly and supportive environment.



**All sessions are free to attend, however registration is required.** Please register online via the events page on our website ([www.autismtas.org.au](http://www.autismtas.org.au)), or contact us on [autism@autismtas.org.au](mailto:autism@autismtas.org.au), or 6231 2745

Ulverstone—Montgomery Room, Rear of the Woolworths car park, 17 King Edward Street

## Term 1

### Addressing Challenging Behaviours

This session explores the process of Positive Behaviour Support as a means of understanding the function of a challenging behaviour and identifying useful strategies to initiate positive change.

**Wednesday 21 March: 10:00 am – 12:00 pm**

## Term 2

### Sensory Processing: Understanding and Addressing Common Challenges

Sensory Processing differences are common in autism and can cause challenges for participating in everyday activities. This session explores the nature and impact of these differences and strategies for managing challenges.

**Wednesday 9 May: 10:00 am – 12:00 pm**

### School: Keys to Successful Collaboration

Successful collaboration between families and school staff can have a positive impact on the education of children on the spectrum. This session explores key aspects of collaboration and strategies to achieve success.

**Wednesday 30 May: 10:00 am – 12:00 pm**

## Term 3

### Preparing for Puberty

Puberty is a time of change and mixed emotions for both children and their parents. This session is suitable for parents of children aged between 7 and 14. It explores practical strategies to prepare your child for puberty to make this transition a smooth and even positive experience.

**Wednesday 1 August: 10:00 am – 12:00 pm**

### Puberty: Health, Hygiene, and Common Challenges

**Wednesday 29 August: 10:00 am – 12:00 pm**

## Term 4

### Supporting the Wellbeing of Siblings

This session explores both the positive and challenging impacts that autism can have on siblings. Strategies to enhance positive family relationships and to nurture the wellbeing of siblings will be discussed.

**Wednesday 31 October: 10:00 am – 12:00 pm**

*These information sessions are for parents and family carers. If you are interested in autism workshops for professional development purposes please contact our Training Manager, Robyn Thomas at [robyn.thomas@autismtas.org.au](mailto:robyn.thomas@autismtas.org.au) or on (03) 6344 1212.*

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Wednesday, August 1<sup>st</sup>, 10:00 am – 12:00 pm

Montgomery Room, Rear of the Woolworths car park, 17 King Edward Street

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### Puberty: Health, Hygiene, and Common Challenges

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