



# Parent/Carer Information Sessions – 2021 Program

**Autism Tasmania's information sessions are for parents and family members of people on the autism spectrum.**

The sessions aim to give encouragement and trustworthy information so that parents and carers can support their children to grow into confident and empowered adults.

The sessions provide a safe place to:

- » meet other parents/carers;
- » share experiences and advice;
- » learn new things.

The information we provide is based on evidence from scientific research, together with the views and advice of autistic adults.

The topics that we cover in our information sessions are outlined over the page.

## Who should attend?

These sessions are for parents, family members and foster carers of children who are on the autism spectrum, or who show autistic characteristics. A confirmed diagnosis of autism is not needed.

## Cost

Sessions are **FREE** to attend.

## Registration

Registration is essential. To register, and for more information about venues and session times, please check the online booking links here: [www.trybooking.com/eventlist/autismtasmania](http://www.trybooking.com/eventlist/autismtasmania)

## Questions?

Contact Robyn Thomas.

Email [robyn.thomas@autismtas.org.au](mailto:robyn.thomas@autismtas.org.au) or call **0458 375 604**.

# Topics

## Autism and transitions: Planning for success

This workshop explores strategies, resources and services to assist parents, family members and carers to manage and celebrate their child's key life transitions.

- » Starting school, high school, further education, employment, independent living

**Hobart:** Tuesday 4 May 2021  
**Launceston:** Wednesday 5 May 2021  
**Burnie:** Wednesday 5 May 2021

## Autism: Building a Partnership with your child's School

This workshop explores strategies for building and maintaining a strong partnership with school, and introduces resources and support services within public, catholic and independent schools. Contributing effectively to the Learning Plans process will also be discussed.

**Hobart:** Tuesday 22 June 2021  
**Launceston:** Tuesday 22 June 2021  
**Burnie:** Wednesday 23 June 2021

## Navigating the Autism therapy maze

This workshop assists parents and family members to become informed and empowered decision makers about therapy

- » Different types of therapy
- » How do I decide if a therapy is the right one for my child?

**Hobart:** Tuesday 27 July 2021  
**Launceston:** Wednesday 28 July 2021  
**Burnie:** Wednesday 28 July 2021

## Autism and Puberty: Managing Common Challenges

This workshop explores the physical, emotional and social changes of puberty, and introduces strategies, resources and services that may be helpful for parents, carers and adolescents on the autism spectrum.

**Hobart:** Tuesday 14 September 2021  
**Launceston:** Tuesday 14 September 2021  
**Burnie:** Wednesday 15 September 2021

## Welcome to Autism

This workshop explores the characteristic strengths and challenges of autism and provides parents, family members and carers who are new to autism with a welcoming introduction to useful resources and supports.

**Hobart:** Tuesday 9 November 2021  
**Launceston:** Wednesday 17 November 2021  
**Burnie:** Wednesday 10 November 2021

These free information sessions are for parents, family members and foster carers only. If you are interested in professional development workshops, please contact our Training Manager, Robyn Thomas at [robyn.thomas@autismtas.org.au](mailto:robyn.thomas@autismtas.org.au) or on **0458 375 604**.