



Teen Life

Starting on Tuesdays from the 1st March for 6 weeks
from 9.30-11.30am online

Facilitated by Sam Nuttall (Teacher) & Rowena White (SALT)

A six-session programme from the National Autistic Society for parents/carers of autistic young people, aged 10 to 16 years, bringing parents together to share information, experiences and ideas covering a range of topics including:

- understanding autism in teenagers
- self-esteem and spending time with other people
- stress and anxiety
- understanding your diagnosis
- puberty and independence
- education and planning for the future.

Spaces are limited. If you are interested in attending then please e-mail: lwebber@chilternwood.bucks.sch.uk

by 31st January 2022

