

# **Autism Spectrum Disorder** **Monthly Parent Support Group**

Venue: Hounslow CAMHS  
Heart of Hounslow Centre for Health  
92 Bath Road, Hounslow, TW3 3EL

2<sup>nd</sup> Wednesday of the Month during TERM TIME ONLY  
Time: 10 am -12 noon

If you are a parent or carer of a child/young person with ASD,  
please come along. No need to sign up, just drop in!

Each session will aim to cover information on a specific topic as well as provide an opportunity for general discussion/sharing of experiences.

Examples of previous topics include:

Anxiety  
Managing sensory difficulties  
Developing Emotional Understanding in Children with ASD  
Comic Strip Conversations  
How can psychological therapies be adapted for people with Autism?  
Eating difficulties  
Social Stories  
Keeping children safe & how the Police work with young people with disabilities  
Work Experience and Further Education  
Adult Autism Services  
Sleeping Difficulties  
Talks by young people with ASD  
Talks by parents or carers of young people with ASD  
Supporting Siblings of Children with ASD  
Puberty  
The National Autistic Society (NAS)  
Helping HANDZ, Parent Partnership Service and Short Breaks

Suggestions for topics welcome

Parent volunteers: Elizabeth Jones, Sally Billinness

Parent volunteers chair the meetings and Sally organises the parent support group email list. Details will be available at the meetings.

#### Multi agency Initiative

- Child & Adolescent Mental Health Service,  
Penny Davis, Volunteer, Jess Gough, Clinical Psychologist, Jo Newbolt, Clinical Psychologist, Claire Jackson, Specialist Teacher  
- Teaching Support Service  
- Speech & Language Therapy  
- Educational Psychology, Diana Loffler

For any enquiries contact Sophie West on 0208 630 3237