

help! Managing Anger

Simms Cross Primary School, Kingsway, Widnes, WA8 7QS

Thursday 3rd May 2012

10 am – 2.30pm

(Light refreshments will be provided, please bring your own lunch)

About the help! Managing Anger parent seminar

help! Managing Anger is a one day Family Support Seminar which provides information and advice to parents and carers of children with autism

How will the seminar support families?

The seminar will support families to;

- Discuss why children with autism often have challenges with anger
- Identifies a low arousal approach for support through stressful situations
- Explore the cycle of anger and possible support strategies
- Examine strategies for managing feelings

Family seminars – Cost

Families seminar – Free to families (up to two people) of a child with a diagnosis of autism due to funding gained by the NAS through The Pilkington Charitable Trust

All families that attend receive a full resource pack of useful information, advice and support guidelines. help! Managing Anger is delivered by experienced and trained professionals of The National Autistic Society (NAS).

Contact us

For further details of this and forthcoming seminars or to book a place contact;

The Family Support Programme

Tel: 07425 624 592 (normal call charges apply)

Email: help@nas.org.uk

Website: www.autism.org.uk/help!