



Talking sense about autism.



Online Advice and Support Workshops for Parents and Carers of Autistic Children

Autism Berkshire and Acre's Alafia service are working together to deliver free advice and support to Black, Asian, Minority Ethnic and Refugee (BAMER) families with autistic children who live in Reading, Wokingham and West Berkshire, to help them look after themselves and support their children.

Subjects that will be covered during these online workshops include:

- Autism assessment and diagnosis in Berkshire
- How to look after your wellbeing and support your child
- Support available for your child, especially in education
- Other support available from Alafia and from Autism Berkshire, including the Berkshire West Autism & ADHD Support Service and welfare advice from the Autism Berkshire Benefits Service, plus help provided by other local and national autism organisations, including the National Autistic Society

The workshops are free of charge and open to parents and carers whose children already have an autism diagnosis or are waiting for a Berkshire CAMHS NHS autism assessment. They will take place from 1pm to 2.30pm on the following Fridays:

- March 19
- March 26
- April 23

Assistance will be available for families who have limited access to the internet or need language translation to help them take part. One-to-one follow-up support will be provided after the workshops for anyone who needs further advice.

If you would like to attend a workshop, contact Shagufta Ali

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Or Ritu Shanks on 07763 163777

Email: info@acre-reading.org

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