



Parents & Carers

Are you parenting an adolescent with an Autism diagnosis and living in the Southern Trust Area?

Join our **Parents Plus 'Special Needs Programme'** and meet other parents in a supportive group to help your adolescents reach their full potential.

Support your child to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

As a parent, learn how to:

- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children
- Manage challenging behaviour

Dates/Times: Wed 25th Sept 2024 x 7 weeks / 10am-12.30pm
Location: Clanrye Group Unit 34, ARMAGH BUSINESS CENTRE, 2 Loughgall Road, Armagh, BT61 7NH

Priority will be given to families known to the Southern Trust Autism and Disability Services. However referrals will be considered from all families living in the Trust who meet the criteria

For more information/ please contact:
 Claire Convery Clanrye 07483 059876 claire.convery@clanryegroup.com
Closing date for completed applications, Wednesday 4th Sept 2024

