

CYGNET AUTISM SUPPORT

FREE online and face-to-face Cygnet courses available for parents and carers living in Birmingham who support children and young people aged 3–18 with a diagnosis of autism, are on the diagnostic pathway, or are suspected of being autistic.

What does it cover?

Session 1 – An overview of autism with parent and carer experiences

Session 2 – Thinking and sensory

Session 3 - Social interaction and communication

Session 4 - Understanding and supporting behaviour

Session 5 – Analysing behaviour

- Weekly sessions, lasting between 2.5 - 3 hours.
- Provides a supportive space for parents and carers to share experiences.
- Deepens autism awareness while offering practical support strategies.



earlyhelpautism@barnardos.org.uk

To book on, please use the QR code below...



Or click [here!](#)

