

# CYGNET AUTISM SUPPORT

**FREE online Cygnet courses are available for parents and carers living in Birmingham who support children and young people aged 3–18 who have an autism diagnosis, are on the diagnostic pathway, or are suspected to be 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.**



**Please note: Course dates, delivery methods and providers can vary.**

**For further information, please get in touch with us at:**

**[barnardosautismteam@barnardos.org.uk](mailto:barnardosautismteam@barnardos.org.uk)**

