

Workshops for parents of children with autism

Are you interested? Talk to admin.



LPC is excited to announce a supportive 4 week programme of workshops for parents or carers of young people with an Autism (ASD) diagnosis.

This will be delivered by specialist professionals in a safe and open environment. These workshops will also offer an opportunity to meet with other parents with similar experiences. We are hoping to cover a number of useful topics, including:

- Emotional regulation and behaviour
- Anxiety
- Meltdowns, shutdowns and masking
- Communication and interaction
- Sensory processing
- Supportive strategies

There will also be time within the sessions for you to ask questions specifically related to your child.

Fees: £55 per person, per week. Or £75 a couple.

It will be commencing during March and April 2026. Timings will be 10.30am – 12pm.