

If you are interested in attending the Cygnet Programme and for further information please don't hesitate to get in touch – spaces are limited

Please contact Sophie Ridgway or Ruth Carter

Behavioural Emotional Health Team

Telephone:
0115 8834760 / 0115 8834842



Cygnet Parenting Programme

To support those who have had a diagnosis of
ASD

The Cygnet parenting support programme has been produced by Barnardo's. It has been developed and evaluated since 2003 with a variety of individuals, groups and agencies having a good understanding and knowledge about Autism and how it affects parents, families, and the child concerned.



This programme will cover several areas that as a parent will help you in your journey with your child. It will help toward addressing the following areas.

- Autism and diagnosis
- Communication
- Sensory issues
- Understanding behaviour
- Managing behaviour
- Areas that you may be struggling this may include (sibling rivalry, puberty & sexuality, transition or it may be sleep)

This course and everything you will need is free.

Don't worry if you do not know anyone else coming to the group as one of our course leaders will contact you before the group starts. We will tell you more about the course and ask you what you want to get out of it.

The Cygnet Programme is a **six week programme**, you are welcome to bring a family member or partner with you during the programme.

The dates and times are as follows:

Thursday, 10th September 9.30-12.00
Thursday, 17th September 9.30-12.00
Thursday, 24th September 9.30-12.00
Thursday, 1st October 9.30-12.00
Thursday, 8th October 9.30-12.00
Thursday, 15th October 9.30-12.00

Location:
Mary Potter Childrens Centre (Sure Start)
76 Gregory Boulevard
Nottingham
NG7 5HY