



- Are you a parent or connected to a person experiencing *autism*?
- Are you interested in sharing a safe space with others for support and learning?
- Are you a family member e.g. grandparent, aunt, uncle or friend? Would you value a space where you can explore how best to offer support?
- Do you feel you have a voice?

This is a space where your experience is valued. Each child, parent and family is unique.

Two experienced SHEP facilitators start from a place of acknowledging that you are the expert when it comes to your life and family.

Some topics we hope to explore and discuss in this confidential space include:

- Self-care
- Hopes and fears for your loved one
- Exploring effective communication skills
- What is helpful and unhelpful about a 'diagnosis'?
- Impact of change
- Introduction to advocacy skills
- A view through the lens of neuroscience

There will always be space for what is important to you.

#### *Testimonials:*

*"I would have done anything for a group like this when I first learned that my son's autistic. The isolation is awful. Your own family doesn't get it. Other parents haven't a clue"*

*"Great learning, great sharing, great fun and I will really miss this group."*

*"No one has ever validated the reality of parenting a child with autism before. In this non judgemental space I was free to stop questioning my parenting skills and be open and curious to new learning."*

**Cost 50 euros. For more information please contact [info@socialandhealth.com](mailto:info@socialandhealth.com) or phone 021 4666180. If you are experiencing financial hardship please contact [jess.bowen@socialandhealth.com](mailto:jess.bowen@socialandhealth.com) or phone 021 4666180.**

10 week programme starting on Friday 20th September 10 -11.30am via Zoom.

**CLOSING DATE: 20<sup>th</sup> May 2024**