

If you have any questions about the content or suitability of the group for you, then please contact:

Dr Alice Wright
Clinical Psychologist
Or
Michelle Henderson
Specialist Speech and Language Therapist

on 01324 610846

To Book a place:

Contact Donna Mulder
Falkirk & Clackmannanshire Carers Centre
Phone 01324 611510 or 07824 381280
E-mail donnmulder@centralcarers.co.uk

Falkirk & Clackmannanshire Carers Centre

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Autism Spectrum Disorder

The Child and Adolescent Mental Health Service (CAMHS), working with Falkirk & Clackmannanshire Carers Centre, is offering information sessions and workshops for parents/ grandparents /carers of school aged children who have been diagnosed with Autism Spectrum Disorder (ASD)

Online (Zoom) Sessions

If you would like to attend any of these sessions, but are not sure how to go online, or how to join a Zoom meeting, please contact Donna Mulder – see contact details on the opposite side of this leaflet



These sessions are open to those who have received a diagnosis for their child and have not accessed the CAMHS Parents Group or an Early Bird programme in the past.

It is essential that parents/grandparents/carers attend Session 1 – ‘An Introduction to ASD’ before attending any of the other sessions.

To get the most from this course, it is recommended that you attend all 6 sessions.

(Session 1) Tuesday 20 October 5:30 pm – 7:30 pm

An Introduction to Autism Spectrum Disorder

This is an introductory session which will help you understand and engage with later workshops. This session is mandatory if you want to attend later sessions. The session will focus on helping you to understand more about ASD, beyond the diagnostic criteria. It will help you to think about how your child sees and interacts with the world around them, as well as giving you an understanding of the reasons why they behave in the way they do.

(Session 2) Tuesday 27 October 5:30 pm – 7:30 pm

Understanding Social Communication Difficulties and Strategies for Managing Social Demands

this session focuses on the more subtle aspects of communication and is suitable for parents whose children have good language skills. In this session we will look at the nature and impact of social communication and interaction difficulties seen in children with ASD and help you to understand why communication can go a bit wrong. We will look at strategies to help develop your child’s communication and manage their challenges in the social world.

(Session 3) Tuesday 03 November 5:30 pm – 7:30 pm

Anxiety and Autism Spectrum Disorders

This session will be an opportunity to consider the impact of anxiety on people with ASD. We will think about strategies to manage this, and you will be given a chance to try some of these out.

(Session 4) Tuesday 10 November 5:30 pm – 7:30 pm

The Challenges Faced by Children with ASD and Families Workshop

This workshop will focus on using the knowledge we have covered in previous sessions to help manage difficult situations. The workshop will review some of the information from the Introductory Session. It is an opportunity to talk about situations which are challenging, and you will learn methods to reduce challenging behaviours and support your child to develop skills and confidence in different situations

(Session 5) Tuesday 17 November 5:30 pm – 7:30 pm

What Next

Find out about the ongoing help and support available to you from the Carers Centre. Learn about Guardianship and planning for the future.