

Do you have a child with a diagnosis of Autism?

Are they aged between 10 and 16 years?

Would you like to find out more about autism and supporting your child through their teenage years?

Teen Life Parent Course

ABOUT THE COURSE

Teen Life is a £free course for parents who have an autistic child aged between 10 - 16. The course is open to families either living in Hackney or with a child attending a Hackney School.

The course can be attended by 2 people per child + a member of the school setting if appropriate & available.

TOPICS COVERED

- **Session 1** – Understanding autism in teenagers, Hidden presentation, Autistic perspectives
- **Session 2** – Self-esteem, Spending time with other people
- **Session 3** – Stress and anxiety, Understanding behaviour
- **Session 4** – Understanding your diagnosis, Understanding intense interests, Managing expectations
- **Session 5** – Puberty
- **Session 6** – Independence skills, Education, Planning for the future

DATES, VENUE & HOW TO BOOK

The course runs weekly for 6 weeks starting on the following dates:

- **Tuesday 13th September** - In Person at Hackney Education E8 1GQ 09:30 - 12:00
- **Tuesday 1st November** - In Person at Hackney Education E8 1GQ 13:00 - 15:30
- **Tuesday 10th January** - Online 18:00 - 20:30
- **Wednesday 22nd February** - In Person at Hackney Education E8 1GQ 09:30 - 12:00
- **Tuesday 18th April** In Person at Hackney Education E8 1GQ 13:00 - 15:30

Book on via this link: <https://tinyurl.com/8dfrbn5p>. or by emailing the facilitators below.



FAY DAY

Specialist Teacher for ASD and Complex Needs

Fay has worked as a Headteacher in an SEN Secondary school, a SENCo in a mainstream Primary school, and is a Maths Specialist. Fay has an invested interest in supporting young autistic people who have barriers to attending school and working with families and settings to help overcome these barriers.

TEEN LIFE FACILITATORS



RHIANNON EGLIN

Specialist Teacher for ASD and Complex Needs

Rhiannon started her career in education as a Music Teacher, and has worked in Mainstream, SEND, and AP settings in a range of roles that include Assistant Head, Head of Department and SENCo. They lead on Hackney's SENCo Forum and help facilitate Hackney's SEND Pupil Forum. They are passionate about creating opportunities for young people to have their voices heard.

Feedback From Parents/Carers

"I learned so much with this teen program"

"The presenters are absolutely welcoming, approachable and very professional, I felt at ease and understood."

"Rhiannon and Fay have been amazing and the programme life-changing!"