|  |
| --- |
| Cygnet - Parenting supportfor families with children with autismThe Cygnet parenting support programme is for parents who have children:* with a diagnosis of autism
* aged between 5-18yrs

*\*NEW\** Online groups available:How it works:* Parents receive Cygnet activities, reading materials and video links each week via email.
* Parents meet together in a small online group to discuss what they’ve learnt.
* There are six sessions each lasting no more than 2 hours.
* *Also available in Urdu*

Topics covered:I felt listened to and understood for the first time 1 – Introduction2 – What is Autism3 – Sensory Differences It was great to meet other families too, who shared ideas and useful advice 4 – Communication5 – Understanding behaviour6 – Supporting behaviour**Interested?** Email: parenting@bradford.gov.uk  |