

ASD Family Help

Funded by



Pembrokeshire

Registered Charity No. 1135718

Online Workshops and Events

Understanding Autism - 23rd September 9.45am to 12 noon

<https://www.eventbrite.co.uk/e/understanding-autism-workshop-pre-and-post-assessment-tickets-166156613905>

Autism and Anxiety - 28th September 9.45am to 12 noon

<https://www.eventbrite.co.uk/e/understanding-autism-and-anxiety-workshop-tickets-166786371527>

Autism and Sensory Processing Difficulties - 6th October 9.45am to 12noon

<https://www.eventbrite.co.uk/e/understanding-autism-and-sensory-processing-workshop-tickets-166787282251>

Autism and the Teenage Years - 14th Oct 9.45am to 12 noon

<https://www.eventbrite.co.uk/e/autism-and-teenage-years-tickets-166788373515>

Supporting and Understanding Emotional Regulation Skills -

3rd November 9.45am to 12noon

Understanding and Supporting Autism and Behaviour -

16th November 9.45am to 12 noon

Peer Support Groups - Bringing Parents together to share and support each other. (Free)

<https://www.eventbrite.co.uk/e/165888957337>

8th Sept 9.45am – 11.45am 12th Oct 9.45am – 11.45am 10th Nov 9.45am – 11.45 am

Where: Online via zoom until things start to open up more.

Booking will be via Eventbrite please join our Facebook Page to be kept up to date with all of the above events. [ASD Family Help - Pembrokeshire | Facebook](#)

email: melissa@asdfamilyhelp.org for the details or questions

Cost: £4.10 (plus Eventbrite fee) Please contact us if you are on a low income/benefits and we will endeavour to support you.