



FREE Communication & Interaction Workshop - Online

A 90 minute workshop exploring the link between autism and communication difficulties. Practical strategies for encouraging interaction and meaningful play with pre-verbal or early communication stage of your autistic children in order to promote language development.



No diagnosis needed just a willingness to want to know more in helping our young people to overcome barriers.

Book your space

Tuesday 22nd November 7 - 8.30pm

Online Zoom Event

Tickets available from

https://askaboutautism-talking_lab-online.eventbrite.com



Please note limited tickets are available
if unable to come please release your ticket to benefit other families

We are here to help...



Working in partnership with Hampshire Parent Carer Network,
Parent Voice Isle of Wight and BRAIN.co.uk/ask-about-autism



Two Part Lunchtime Workshop Understanding Neurodiverse Behaviour



The ADHD Foundation charity is one of the largest providers of training in all areas of neurodiversity. This workshop is to help develop knowledge of parent carers and empower you to offer the best support for your young person. **No diagnosis needed**, this two part workshop will first look to understand what the behaviour may be communicating, followed by a week later discussing ways to support your young person. Attendance to both sessions is strongly advised.

Book your space for this two part online event

Part One - Thursday 8th December 12-1.15

Part Two - Thursday 15th December 12-1.15

Tickets available from

<https://ask-about-autism-understandingbehaviour-2part.eventbrite.com>



Please note limited tickets are available
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We are here to help...





**Share & Support
Nov/December 2022**

 Ask About Autism

This is a chance to share lived experiences, whether your young person has a diagnosis or not, come and share and gain ideas over a mince pie and cuppa.
(Free parking available onsite at all venues)

Winchester Wednesday 30th Nov Starts at 10.30-12.30 Premier Inn Winnall Manor Rd SO23 7RT	Basingstoke Thursday 1st Dec Starts at 10.00-12.00 Hampshire Court Centre Drive RG24 8FY
Havant Monday 5th Dec Starts at 10.30-12.30 Tesco Extra Community Room Solent Rd, PO9 1TR	Fareham Tuesday 6th Dec Starts at 10.30-12.30 Lysses House Hotel 51 High Street PO16 7BQ (Parking through the arch)

Follow  [hpcn.org.uk](https://www.facebook.com/hpcn.org.uk)  [ask.about.autism](https://www.instagram.com/ask.about.autism)



 Ask About Autism



FREE Motorskills & Autism Workshop
Training from an accredited Occupational Therapist delivering information and a Q&A session

 **TLC Space**

No diagnosis needed just a willingness to want to know more in helping our young people to overcome barriers.

Book your space

Tuesday 29th November 10.30am - 12.30pm
Sharps Copse Family and Children Centre, Havant

Tickets available from
<https://askaboutautism-tlc-motorskills-havant.eventbrite.com>



Please note limited tickets are available
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Free Workshop on Autistic Burnout

Understanding and supporting your child



Ask About Autism has asked Viv Dawes, an autistic, advocate and trainer to share her experiences and training on:

What is autistic burnout?

How you can help your young person recover and tips on prevention

Book your space for this in person workshop

Wednesday 7th December

Apollo Hotel, Basingstoke, RG24 9NU

No diagnosis required

Book at: <https://ask-about-autism-autisticburnout.eventbrite.com>



Please note limited tickets are available
if unable to come please release your ticket to benefit other families

We are here to help...



Ask About Autism is here to support families across Hampshire and the Isle of Wight. We are here to help at every stage, whether you feel your child or young person may have autistic traits, to diagnosis and beyond.

Here to help...

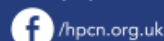
- Free workshops are available online and in person, these will cover all aspects of autism with highly skilled professionals. Follow us on Facebook to keep updated.
- Share and support opportunities will be available across Hampshire and the Isle of Wight, these will allow you to share your experiences and ideas, and most importantly develop a crucial support network.
- BRAAIN offers free appointments signposting you to services available to help make your journey a little easier, whether that is to health services, support and training, or social events for all the family.

Book an appointment online.

www.braain.co.uk/ask-about-autism



Follow our Facebook page to keep updated



Contact Ask About Autism

Hampshire: ✉ emmaholmes@hpcn.org.uk

Isle of Wight: ✉ parentsvoice@peoplematteriw.org

BRAAIN: ✉ enquiries@braain.co.uk

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