

Teen Life programme

A 6-session support programme for parents and carers of children with autism (or suspected autism) aged 10-16 years old.

Where is it being delivered and who can attend?

A mixture of online and in-person courses will be taking place across Surrey. It is designed for parents and carers but professionals can also attend. Your child must be aged 10-16 and live in Surrey or attend a Surrey school. They may have a diagnosis of autism or be waiting for one.

What does Teen Life involve?

The programme is delivered over six weekly 2 ½ hour sessions which include:

- Understanding autism
- Understanding autistic identity
- Stress, anxiety and understanding behaviour
- Health and wellbeing
- Puberty
- Education and transitioning into adulthood

**"What a course!
I would strongly
recommend
any parent with
a teenage child
on the autism
spectrum attend
this programme."
Parent**

Who will deliver the course?

Surrey's Teen life offer is coordinated through the Autism Outreach team but our team of licensed trainers are highly experienced working with children with autism and are made up from professionals working across Surrey in education, health and charity organisations.

Can I ask some questions?

Email us on parenttraining@freemantles.surrey.sch.uk

How do I join a course and how much does it cost?

Please follow the link below to view courses currently available for booking.

<https://www.trybooking.com/uk/events/landing/61873>

To be informed about future courses, please register your interest by completing the electronic expression of interest form (accessed through the below link or by scanning the QR code). You will then be added to our mailing list and contacted each time new courses are available for booking.

<https://forms.office.com/e/wZ82LGt6rC>

There is a fee of £50 to cover all costs, including a booklet you will receive but please contact us if there are issues around this.



Surrey Parent Training
Programmes

