

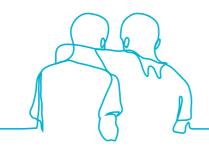


Autism & Mental Health Parent Sessions

Attend these free-of-charge sessions for more information on autism and mental health. These sessions will provide you with information, advice and guidance as well as practical tips you can use at home.

To book:

Email: heretohelp@sjog.org.uk



Location of sessions:

Darlington Connect (6 Northgate - next to Costa)

DATES:

Monday 14 October 2024, 6-7pm

How to support your children with emotional recognition

Monday 18 November 2024, 6pm-7pm Understanding meltdowns and shutdowns

Monday 16 December 2024, 6pm-7pm Autism and Anxiety

Monday 20 January 2025, 6pm-7pm Autism, Suicidality and Self Harm

www.sjog.uk/heretohelp