



here  
to help

# 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](mailto: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