

BELS Advisory Team for Autistic Children and Young People

BACPAC: Barnet Autism Course for Parents And Carers. An Online Parent/Carer Training Course

A comprehensive training and support programme for parents/carers of children **aged 6-19**, with a **diagnosis of Autism**.

This course is available free of charge to **families living in Barnet**.

A 5-session morning or a 6-session evening online training course, covering topics including:

- An overview of what it means for your child to be Autistic.
- Communication.
- Sensory needs.
- Understanding emotional regulation/'behaviour'.

This course also gives parents/carers an opportunity to meet each other and share experiences.

Please only sign up for **one** of these courses and please do not sign up if you have already attended this course, or the Cygnets Course.

BACPAC: Barnet Autism Course for Parents and Carers. Spring Term 2024 One, A 5-session morning course.

Dates and times:

Wednesday 10th January 10-11.30am

Wednesday 17th January 10-11.30am

Wednesday 24th January 10-11.30am

Wednesday 31st January 10-11.30am

Wednesday 7th February 10-11.30am

Sign up here: <https://forms.office.com/e/bK36SQqzCL>

BACPAC: Barnet Autism Course for Parents and Carers. Spring Term 2024 Two, A 6-session evening course.

Dates and times:

Tuesday 20th February 6.30-8pm

Tuesday 27th February 6.30-8pm

Tuesday 5th March 6.30-8pm

Tuesday 12th March 6.30-8pm

Tuesday 19th March 6.30-8pm

Tuesday 26th March 6.30-8pm

Sign up here: <https://forms.office.com/e/Ck9wbPpm7Z>

For any enquires please email Autism.Team@barnet.gov.uk with 'BACPAC course' as the subject, thanks.