

HOPE PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN

FREE SELF-MANAGEMENT
COURSE

"It wasn't what I expected, it was better. I thought the course was specifically to help autistic kids but this is to help our own wellbeing as parents and get some tools to share with our kids. I will keep using these in the future."



ARE YOU A PARENT OF AN AUTISTIC CHILD?

**Would you like to meet others in
the same situation, share tips and
focus on your own wellbeing too?**



**This 6 session programme is
delivered online via our
platform.**

- Available 24/7 on any device
- Sessions released weekly
- Learn at a time and pace that suits you
- An option to remain anonymous
- Supported by trained facilitators

BOOK NOW

WWW.H4C.ORG.UK/COURSES

**EMAIL: CONTACT@H4C.ORG.UK
OR PHONE: 024 7736 0153**



COURSE START DATES

16.01.24

16.04.24