

Autism Service Workshops

Understanding autism and coping strategies:

This is a 3 hour introductory session to autism. We aim to give you an **overview about autism**, services and support available as well as practical strategies to help you navigate your daily life. You can choose one of the following sessions:

- **Afternoon: Tuesday 10th December, 1.30-4.30pm**
- **Morning: Thursday, 23rd January, 10.30am-1.30pm**

Autism Workshops 2020:

- **Sensory issues:** 28th January , 11am -1pm
- **Family and carers workshop:** 6th February , 2-4pm
- **Women and autism:** 13th February , 11am-1pm
- **Employment :** Friday 21st February, 2.30-4.30pm
- **Transition & Education:** 25th February , 11am-1pm

All the workshops are free, but you must book in advance and pay a £10 refundable deposit per workshop to book your space. The deposit will be returned to you on the day of your workshop. If you don't turn up or fail to give us at least 48h notice, you will lose your deposit.

Where will they take place?

They will be held at the Barnet Mencap: 35 Hendon Lane Finchley N3 1RT .

How to book a space?

Telephone: 0208 349 3842

Email: christine.lesmes@barnetmencap.org.uk