

HOPE PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN

FREE SELF-MANAGEMENT
COURSE

"It was wonderful to have access to this course in my own home at my own pace so I could do as little or as much as I wanted each day."



the
hope
programme

NHS
England
South West



ARE YOU A PARENT OF AN AUTISTIC CHILD?

Would you like to learn tips to cope better and be more resilient?



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



COURSE START DATES

24.01.23

18.04.23

08.06.23

07.09.23