



To find out more visit:

www.autismgm.org.uk/events

What does autism look like in teenagers?

Join the National Autistic Society's Teen Life programme for parents and carers of young autistic people aged 10 to 16.

Teen Life programme

Get together with other parents to share advice and experiences. The six-session programme covers:

- understanding autism in teenagers
- women and girls
- self-esteem
- stress and anxiety
- puberty
- planning for the future

“What a course! I would strongly recommend any parent with a teenage child on the autism spectrum attend this programme.”

- Parent

The course is 6 sessions, delivered 2hrs a week (10am-12noon) online. Places for April/May 2022 are available to book now

For more information contact:

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Or call 0161 998 4667