



Autism
Central



DAISY
CHAIN
Autism & Neurodiversity

In Person Parent Carer Workshops

● Understanding Autistic Overwhelm, Meltdowns and Shutdown

This workshop explores how parents and carers can understand the contributing factors to their children's distressed behaviour and strategies on how to support them.

Autism Central is a free programme commissioned by the NHS which provides high quality and accessible autism information, education and coaching for families and carers.

Daisy Chain is the charity delivering this service in the North East and Yorkshire. As well as group and individual coaching and support, we provide regular online and in-person learning opportunities covering a variety of topics relating to autism.

- **Gosforth Library** / 16th September / 10am-12pm / Gosforth Library, Regent Farm Rd, NE3 3HD
- **Charlton Street Family Hub** / 14th October / 10am - 12pm / Charlton St, Lemington, NE15 8RR
- **Byker Sands Family Hub** / 11th November 10am - 12pm / 19 Raby Cross, Byker, NE6 2FF
- **Carnegie Family Hub** / 16th December 10am - 12pm / Carnegie Building, Atkinson Road, NE4 8XS



These sessions are **free** and open to parents and carers living in Newcastle. These workshops are aimed at parents and carers of school aged children.

Book online :

<https://daisychainproject.co.uk/product/in-person-learning-workshops-newcastle/>