

**Spring Term 2024 CAT PAC – Secondary Age**

**Delivered Online**

**We would like to invite you to a CAT PAC course, our parent awareness course designed to support you following your child receiving a diagnosis of autism.**

* The course has been designed for parents who want to increase their understanding of autism.
* The sessions will be delivered virtually via Microsoft TEAMs, a link will be sent to you before each session.
* Each session will last for 2 hours

**SPRING TERM 2024**

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| Session1 – What is Autism? | Tuesday 30th January 9.30-11.30am |
| Session 2 – Social communication | Tuesday 6th February 9.30-11.30am |
| HALF TERM |  |
| Session 3 – Sensory differences | Tuesday 20th February 9.30-11.30am |
| Session 4 – Teenage issues | Tuesday 27th February 9.30-11.30am |
| Session 5 – Emotional well-being / Anxiety | Tuesday 5th March 9.30-11.30am |

**The subject or title of your email needs to state that it is for the :**

**Spring 2024 Secondary Online CAT PAC.**

***In your email please include:***

* Your name and email address
* Your Child / young person’s name and school
* Your child / young person’s CAT worker (if known)
* Due to limited places, the course will be offered to the first families to contact us.
* *There is an expectation that parents endeavour to attend all sessions if possible.*
* **Please email *A2EGeneral@birmingham.gov.uk* to reserve a place**. You will receive an email response to confirm your place or to tell you that the course is full.

**Yours sincerely,**

**Julie Watchorn Brennan and Lisa Walmsley**