

## Cygnets Online

### Parent Information Sessions about Autism

Are you the parent or carer of a child/young person with a diagnosis of

### Autism?

If you live in Enfield and your child/young person is 6 to 18 years old and is in education, Cygnets is a **free** course available to you!

I feel much more confident in tackling issues.

The sessions were very helpful, I've enjoyed them & learnt a lot.



After attending Cygnets I feel more confident & now I feel that I can stand for my child.

Very informative & interactive sessions.

Cygnets consists of 6 core weekly information sessions where you can find out more about Autism and learn about strategies to support your child or young person. These sessions are delivered by Educational Psychologists with the support of Parent Support Advisors who work for the Enfield Advisory Service for Autism, in a supportive and confidential group. We are currently running these sessions online through Zoom and you will be sent online resources each week.

**Session 1 – Autism**

**Session 2 – Diagnosis**

**Session 3 – Sensory Issues**

**Session 4 – Communication**

**Session 5 – Understanding Behaviour**

**Session 6 - Supporting Behaviour**

**Additional Session on Supporting Siblings**

(Additional sessions on Puberty, Sexual Wellbeing & Relationships are currently not available online)

**Any questions or to request a place on Cygnet - please contact:**

**Tel:** 0208 353 4186

**Email:** [admin@enfieldasa.org.uk](mailto:admin@enfieldasa.org.uk)

**Access the referral form via the website:**

[www.enfieldasa.org.uk/Cygnet-Parent-Information-Sessions-About-Autism/](http://www.enfieldasa.org.uk/Cygnet-Parent-Information-Sessions-About-Autism/)

## Dates and Times

All sessions run from **9.30am - 11.00am** on **Wednesdays**

**Dates: Core sessions 1 - 6 Dates TBC**

**Dates: Additional Session - Supporting Siblings Date TBC**

### Attendance Criteria

- ◇ A referral form must be completed to access Cygnet.
- ◇ Places on Cygnet will be confirmed with an email to parents.
- ◇ Places must be booked by phone or email.
- ◇ Parents must be committed to attend & join on time.
- ◇ Core sessions (1-6) must be attended before additional ones.
- ◇ Sessions will be held on Zoom. Parents can join the sessions on the internet using a smart phone device, tablet or laptop/computer. The session link and calendar invite will be sent via email shortly before the course is due to start.

