



**Now delivered virtually as a webinar on Wednesday 24th March from 9.45 to 11.45am**

### **About the Webinar**

'Managing Anger' is one of the Autism Seminars for Families which provides information and advice to parents and carers of children and young people with autism.

### **The webinar will help families to:**

- > discuss why children with autism often have challenges with distressed behaviour and anger
- > identify a low arousal approach for support through stressful situations
- > explore the cycle of anger and possible support strategies
- > examine strategies for managing feelings.

### **Seminar cost?**

The cost is free while the seminars are being delivered as a shortened webinar.

### **Book a place**

Please complete the registration form -

<https://forms.gle/3MY2Nr9kwNgL4aEi6>

or contact the webinar facilitator below for more information.

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