

If you are interested in attending the Cygnet Programme and for further information please don't hesitate to get in touch. Please call or alternatively you can send a text message to:

Ruth Carter:  
Mob: 07827 231112

Sophie Ridgway  
Mob: 07760 990535

Debra Lievesley  
Mob: 07760 551325

Available Mon-Fri 9am til 5pm.

Office: 0115 883 4760

Please send all completed information slips to:

Behavioural Emotional Health Team  
New Brook House  
385 Alfreton Road  
Nottingham  
NG7 5LR



## **Cygnet Parenting Programme**

To support those who have had a diagnosis of ASD



The Cygnet parenting support programme has been produced by Barnardo's. It has been developed and evaluated since 2003 with a variety of individuals, groups and agencies having a good understanding and knowledge about Autism and how it affects parents, families, and the child concerned.

Don't worry if you do not know anyone else coming to the group as one of our course leaders will contact you before the group starts. We will tell you more about the course and ask you what you want to get out of it.



If you are unable to call or text to confirm your attendance, then please provide the following information and send to the address on the back page.

Name of parents/carers:.....

Telephone number(s):.....

Child's name:                      D.O.B:

.....

.....

.....

Name of Venue:

.....

Would you like a text message to remind you of the first session? Please circle:

Yes / No

If 'yes' please provide a valid mobile telephone number above.

This programme will cover several areas that as a parent will help you in your journey with your child. It will help toward addressing the following areas:

- Autism and diagnosis
- Communication
- Sensory issues
- Understanding behaviour
- Managing behaviour
- Areas that you may be struggling this may include (sibling rivalry, puberty & sexuality, transition or it may be sleep)

The Cygnet Programme is a six week programme the sixth and final session is parent led and provides an excellent opportunity for parents to discuss specific issues and to share information for future support.

You are welcome to bring a partner or family member with you to the sessions.

These workshops and everything you will need is free.

Refreshments will be provided throughout.

We are unable to provide a crèche facility at this time.