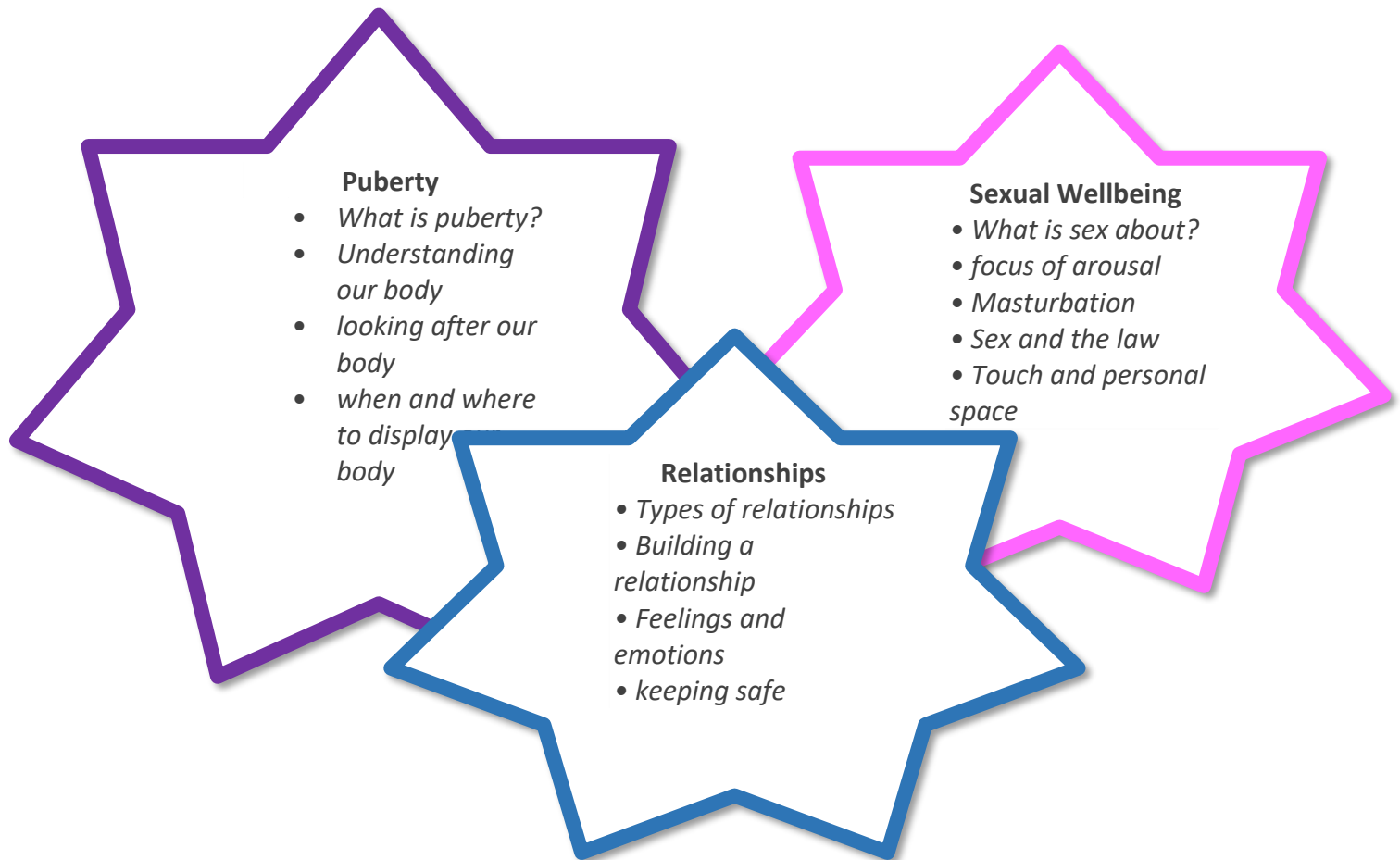


Puberty, Sexual Wellbeing & Relationship Training

Please note that all courses are currently held online via a virtual platform and courses will only run with sufficient interest.

These courses are for parents to develop their understanding and confidence relating to puberty, sexual wellbeing and relationships and how they may impact on children on the autistic spectrum. To offer parents the opportunity to participate in activities that they could use to explore puberty, sexual wellbeing and relationships with their children at home. This course is for parents who accessed the cygnet, NAS Early Bird or Early Bird Plus programmes.

Topics covered by the Zoom sessions are as follows:



To book or request more information please contact the children's service team on cygnet@actionasd.org.uk or call/text **07809903852**

Course 1: - 12.30-2.30pm
Puberty - Thursday 6th May
Sexual Wellbeing - Thursday 13th May
Relationships - Thursday 20th May

Course 2: - 12.30-2.30pm
Puberty - Thursday 1st July
Sexual Wellbeing - Thursday 8th July
Relationships - Thursday 22nd July

Course 3: - 6.00-8.00pm
Puberty - Thursday 9th September
Sexual wellbeing - Thursday 16th September
Relationships - Thursday 23rd September

Action for ASD working in partnership with NHS Blackburn with Darwen Clinical Commissioning Group & NHS East Lancashire Clinical Commissioning Group

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