

PEGASUS

AUTISM SPECTRUM PARENT INFORMATION SESSIONS (4 parts)

Dates & topics covered over the four sessions:

Session 1:

- *What is ASC? Strengths, myths and common challenges*

Session 2:

- *Parent/caregiver strategies and stress management tips*

Session 3:

- *Sleep, sensory, rules and routine in daily life*

Session 4:

- *Building a support network of local services*

10:30am-12:00noon

DELIVERED VIA ZOOM



IMPORTANT: PEGASUS is the first step following diagnosis. Further intervention cannot be considered until PEGASUS has been attended.

To confirm your attendance please email elft.ch-pegasus-group@nhs.net