

# EMBRACING AUTISM

**Three days that focus on skills and strategies**, for parents, carers and professionals supporting an autistic young person. Hampshire CAMHS Colleagues will be hosting these days alongside parents / carers with lived experience.

Supporting your autistic child to thrive - adapting to meet the needs of the autistic YP and practical strategies. Led by Dr Catherine Robson - Hampshire CAMHS.

Support for SEN in education & what to do if it's not working. Led by Gayle Moir, SENDIASS Services Manager. (not on 14 March)

Understanding autistic burnout, what it is, why it happens, why it's different to depression, recovery, safe spaces, and prevention. Led by Viv Dawes - Advocate/trainer/author.

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available

**9.30am - 3.30pm**

**Friday, 14 March, 2025**  
Proteus Creation Space,  
Council Road, Basingstoke  
RG21 3DH

**Wednesday, 9 July, 2025**  
Waterlooville Community  
Centre, 10 Maurepas Way,  
Waterlooville, PO7 7AY

**Friday, 14 November, 2025**  
St Peter Church Conference  
Centre, Jewry Street,  
Winchester, SO23 8RY

**Tickets £20**  
Tea and coffee  
included

**For more information and to book a place go to**  
[www.hampshirecamhs.nhs.uk/events/](http://www.hampshirecamhs.nhs.uk/events/)

