



# Autism and Puberty: Managing common challenges



A **FREE** workshop for parents and carers

## About Autism Tasmania's workshop

This free workshop is for parents and family carers of children who are on the autism spectrum, or who show autistic characteristics. A confirmed diagnosis of autism is not needed. Light refreshments will be provided at all face-to-face sessions.

## Learning Outcomes

This workshop helps you to:

- » Explore the physical, emotional, and social changes of puberty
- » Learn about strategies, resources, and services that may be helpful for parents, carers, and adolescents on the autism spectrum.

*We tailor our workshops to the individual needs of our participants in order to provide the most relevant information and resources. All of our workshops are designed to be interactive for our participants including our online sessions.*

## Statewide Contacts

**(03) 6277 5000**

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For more information about training please contact the Learning & Development team at [learning@autismtas.org.au](mailto:learning@autismtas.org.au).

If you have questions contact our Learning & Development team at [learning@autismtas.org.au](mailto:learning@autismtas.org.au)

Registration is essential. To register or see upcoming workshops online or in-person near you, visit our website at [autismtas.org.au/learning-development-autism-community-workshop-calendar](http://autismtas.org.au/learning-development-autism-community-workshop-calendar)

