



# Early Days: Helping my child cope with change

A **FREE** workshop for parents and carers



earlydays

## About our partnership with Early Days

Early Days provides workshops for parents and other family members of children aged 0-6 who have an Autism diagnosis or are awaiting an assessment.

A confirmed diagnosis is not needed to attend.

## Learning Outcomes

This workshop helps you to:

- » Understand why change is difficult for young children
- » Identify challenges and successes for when change occurs
- » Make a plan to help your child and family cope
- » Develop strategies for day-to-day, minor, major, and unexpected changes.

*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**

[autism@autismtas.org.au](mailto:autism@autismtas.org.au) | [www.autismtas.org.au](http://www.autismtas.org.au)

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)

