



## NSW Early Days **Helping my child cope with change**

**When: Monday 13<sup>th</sup> March 9:30-12:00pm**

**Where: Penrith Bowling & Recreation Club, Cnr Woodriff St & Derby St, Penrith 2750**



### **Helping my child cope with change workshops can help you:**

- Understand why change is hard for your child
- Identify the changes that are challenging
- Learn some strategies to prepare your child for change in everyday and 'special' situations

### **Helping my child cope with change workshops are:**

- Facilitated by qualified professionals with backgrounds in providing services, advice and supports to families of children
- Held in small groups of 6-15 and gives you an opportunity to meet other parents
- **Free of charge**
- Run within school hours
- Childcare is NOT provided

To register for the workshop, please visit [www.autismspectrum.org.au/events](http://www.autismspectrum.org.au/events)

*Or for more information: Call (02) 8977 8353 or email*

[edworkshops@autismspectrum.org.au](mailto:edworkshops@autismspectrum.org.au)

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