



Neurodivergence Wales
Parents & Carers
Virtual Advice Sessions

Nirowahaniaeth Cymru
Sesiynau Cyngor Rhithiol
i Rieni a Gofalwyr

Anxiety Management

Melissa Hutchings, ASD Family Help

Wednesday, 12th of June 2024, 10:00am - 12:00pm

This workshop focuses on anxiety and how parent/carers can support their autistic children pre and post a diagnosis. The aims of the session are:

Identify: What is anxiety, its causes and how it impacts our young people.

Learn: How to support our young people by amending and changing our approach to help them feel safe and relaxed.

Look: At some approaches and techniques to support our autistic young people

ASD Family Help provides information and support through a wide range of events and activities for families and individuals who are affected by Autism and/or Learning Difficulties/Disabilities (pre and post assessment).

Melissa has an autistic son, who was the reason why she became involved in the world of autism. She worked for an Local Authority for 17 years as an autism specialist supporting and empowering many families.



ASD Family Help

To book your place please use this link:

<https://events.teams.microsoft.com/event/c2fd36f4-a84f-433a-bfea-625b5537aaa9@6850a7f1-4cc1-4482-a1c1-79439f679966>

(Please note: this session is for parents & carers only)



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Rheoli Gorbryder

Melissa Hutchings, ASD Family Help

Dydd Mercher, 12 Mehefin 2024, 10.00am - 12:00pm

Mae'r gweithdy hwn yn canolbwyntio ar gorbryder a sut all rieni/gofalwyr gefnogi eu plant awtistig cyn ac ar ôl diagnosis. Nod y sesiwn yw:

Adnabod: Beth yw gorbryder, ei achosion a sut mae'n effeithio ar ein pobl ifanc.

Dysgu: Sut i gefnogi ein pobl ifanc trwy addasu a newid ein dull i'w helpu i deimlo'n ddiogel ac i'w hymlacio.

Edrych: Ar rhai dulliau a thechnegau i gefnogi ein pobl ifanc awtistig.

ASD Family Help yn darparu gwybodaeth a chefnogaeth trwy ystod eang o ddigwyddiadau a gweithgareddau ar gyfer teuluoedd ac unigolion sydd wedi'u heffeithio gan Awtistiaeth a/neu Anawsterau/Anabledau Dysgu (cyn ac ar ôl asesiad).

Mae gan Melissa fab awtistig, a dyna'r rheswm y daeth yn rhan o'r byd awtistiaeth. Gweithiodd ar gyfer Awdurdod Lleol am 17 mlynedd fel arbenigwr awtistiaeth yn cefnogi a grymuso nifer o deuluoedd.



ASD Family Help

I archebu lle defnyddiwch y ddolen hon:

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(Sylwer: mae'r sesiwn hon i rieni a gofalwyr yn unig)