

Date: July 2019
Our ref: Blakesley CAT PAC

Dear Parent/Carer

We are writing to invite you to a course we are running for parents called the CAT PAC (Parent Awareness Course). This is a programme for parents of children who have been diagnosed with an Autistic Spectrum Condition.

The CAT PAC runs for 6 weeks and each session is 2 hours long.

The sessions will take place at
Blakesley Hall Primary School
Yardley Green Rd,
Birmingham B33 8TH

Sessions from 1pm – 3pm (Thursdays)

Session 1 – An introduction to Autism	12 th September 2019
Session 2 - Social Communication and Interaction	19 th September 2019
Session 3 – Sensory Issues	26 th September 2019
Session 4 – Sleeping, Eating and Personal Hygiene	3 rd October 2019
Session 5 – Anxiety, Behaviour and Managing Transitions	10 th October 2019
Session 6 – Autism and Birmingham	17 th October 2019

Please telephone us on 0121 303 1792 to book a place

Due to limited places the course will be offered to the first twelve families to contact us. There is an expectation that parents endeavour to attend ***all*** sessions if possible.

If you are unable to attend this group, but would like to attend an alternative group in the future please contact your CAT worker.

Yours sincerely,

Viv Walters and Wendy Peel

Communication / Autism Team