

# Communication and Autism Team

## Parent Carer Workshop - Anxiety \*

**Spring Term 2026**

We would like to invite you to a CAT Parent carer workshop for parent carers who would like to increase their understanding of anxiety and ways to support their child.

To support parent carers of children with a diagnosis of autism, or who are on the Neurodevelopmental Pathway for autism assessment.

All Birmingham parent carers are welcome

**Date:** Thursday February 5<sup>th</sup> 2026 9.15-10.45 am

Book via the following link:

<https://www.localofferbirmingham.co.uk/product/cat-parent-carer-workshop-anxiety-via-microsoft-teams-thursday-5th-february-2026/>

Sessions will take place via Microsoft Teams - a link be sent to you prior to the session.

We look forward to seeing you there - Julie Watchorn-Brennan and Dawn Fisher

\*The anxiety workshop is part of the Neuroinclusive Education Network (NEN) training for schools and parent carers

