

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 5th 2026 1pm - 2.30pm

Book via the following link:

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

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 Wendy Bantock

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

