

Communication and Autism Team

Parent Carer Workshop - Anxiety *

Autumn 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: Tuesday 15th September 2026 9.30-11am

No booking required - just turn up on the day. Please note there will be no childcare facilities.

Sessions will take place at:
Colmers Farm Primary School
Rednal
B45 9PB

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

