

YOU'RE INVITED TO

# ALL ABOUT AUTISM PARENT TRAINING

## Who is this workshop for?

This workshop is for parent(s)/ guardian(s) whose children recently received an autism diagnosis.

## What is the aim of the workshop?

It aims to support parents/guardians in the period after autism diagnosis, empowering you to support your child.

## What will the course entail?

The content of the course will include information to help you to understand autism, develop an understanding of sensory differences and learn strategies to support emotional regulation.

**Date:** Saturday June 6<sup>th</sup> 2026

**Time:** 10.00am to 3.00pm

**Location:** St Gabriels Centre, Springfield Drive, Dooradoyle, Limerick V94VY9Y

The course will be delivered through a full-day course (light lunch will be provided). Please let reception know if you have specific dietary requirements.

## How to sign up?

To secure a place on this information day **please contact** St. Gabriel's Foundation Reception at **061 302733** by **May 22<sup>nd</sup>**.

If you cannot attend but would like to be waitlisted for the next course please also let reception know.

