

**CAT PAC – Parent Autism Awareness Course**

**We would like to invite you to a CAT PAC course, our parent awareness course designed to support you following your child receiving a diagnosis of autism.**

* **The course has been designed for parents who want to increase their understanding of autism.**
* **The sessions will be delivered online via Microsoft Teams:**

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| Session1 – All About Autism | Tuesday 8th November 12.45-2.45 |
| Session 2 – Communication and Interaction | Tuesday 15th November 12.45-2.45 |
| Session 3 – Sensory differences | Tuesday 22nd November 12.45-2.45 |
| Session 4 – Eating, sleeping and personal care | Tuesday 29th November 12.45-2.45 |
| Session 5 – Autism and Anxiety | Tuesday 6th December 12.45-2.45 |
| Session 6 – parent choice | Tuesday 13th December 12.45-2.45 |

**The following information will need to be provided to gain a place:**

* **Child/young person’s name and school**
* **Your name and email address**

**The subject or title of your email needs to state that it is for the Virtual CAT PAC. There is an expectation that parents endeavour to attend all sessions if possible.**

**Please email** [A2EGeneral@birmingham.gov.uk](mailto:A2EGeneral@birmingham.gov.uk) **to reserve a place. You will receive an email response to confirm your place or to tell you that the course is full.**

**Yours sincerely, Julie Watchorn-Brennan and Jane Brown**