

**Secondary Age CAT PAC – Spring 2025**

**To be delivered Online via Microsoft TEAM’s**

**We would like to invite you to a CAT PAC course, our parent awareness course designed to support parent carers of children with autism or children who are on the neurodevelopmental pathway.**

* The course has been designed for parents who want to increase their understanding of autism.
* The sessions will be delivered virtually via Microsoft TEAMs, a link will be sent to you a few days before each session.
* Each session will last for 2 hours

**SPRING TERM 2025**

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| Session1 – What is Autism? | 30th January 2025: 12.30-2.30pm |
| Session 2 – Social communication | 6th February 2025: 12.30-2.30pm |
| Session 3 – Sensory differences | 13th February 2025: 12.30-2.30pm |
| HALF TERM |  |
| Session 4 – Supporting teenagers with autism | 27th February 2025: 12.30-2.30pm |
| Session 5 – Emotional well-being / Anxiety | 6th March 2025: 12.30-2.30pm |
| Session 6 – Parent carer choice & signposting to Local Offer / services | 13th March 2025: 12.30-2.30pm |

**The subject or title of your email needs to state that it is for the**

**Spring 2025 Secondary Online CAT PAC: *In your email please include:***

* Your name – Parent carer
* Your Child’s name
* Your Child’s and school (Your child’s CAT worker if known.)

*Due to limited places, the course will be offered to the first families to contact us. There is an expectation that parents try to attend all sessions if possible.*

**Please email *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, Wendy Bantock and Lisa Walmsley**