

### Gateshead Early Bird Parenting Programme

Our next Early Bird course for parents will be running from **9.30am to 11.30am on Monday mornings from November 2<sup>nd</sup> until 7<sup>th</sup> December 2026**. This will be held in the Saltwell Room at **Gateshead Civic Centre**, Regent Street, Gateshead, NE8 1HH.

The National Autistic Society Early Bird course runs weekly (6 x two hour weekly sessions) for parents who have a child with a diagnosis of autism, or who are awaiting an autism assessment, up to the age of 6 years old.

Attending Early Bird gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing behaviour. It also provides an opportunity to meet other families and hear about their experiences in an informal but supportive atmosphere.

Please could you share this information with any relevant families who attend your setting, who may meet the criteria and be interested in attending the course.

Should they wish to attend please be aware that it is for adults only and we have no childcare facilities.

Parents/ carers must let us know by email, if they would like to attend or contact if they have any further questions

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Places will be allocated on a first come, first served basis and all requests to attend must be received by noon on 19<sup>th</sup> October 2026.