



<p><u>Autism Surgery Dates</u></p> <ul style="list-style-type: none"> Virtual 10 am WED 10.01.24 Virtual 6:30 pm WED 10.01.24 HACS Centre 10 am WED 07.02.24 Virtual 10 am WED 21.02.24 Virtual 6:30 pm WED 21.02.24 	<p>For Members, non-members, and Professionals</p> <p>The surgeries are your chance to find out about our services, meet other parents/carers, seek advice about issues currently affecting you.</p> <p>Book Via our website: https://www.hacs.org.uk/what-s-on</p>
<p><u>Coffee Morning Dates</u></p> <ul style="list-style-type: none"> HACS Centre 10 AM WED 17.01.24 HACS Centre 10 AM WED 13.03.24 	<p>This is a chance for parents/carers to meet up in a relaxed atmosphere, enjoy tea or coffee and a sweet treat alongside our Family Support Team and access up-to-date information about what's going on both at HACS and locally.</p> <p>Book Via our website: https://www.hacs.org.uk/what-s-on</p>
<p><u>Adult Support Drop-in</u></p> <p>HACS Centre 10 AM – 12PM FRI 12.01.24</p>	<p>Our drop-in sessions provide a safe space for autistic adults 18+ seeking advice and support with topics related to autism diagnosis or practical areas such as employment-related matters, benefit support or supported living. We will provide hot drinks and refreshments!</p> <p>Book Via our website: https://www.hacs.org.uk/what-s-on</p>
<p><u>Get the Job</u></p> <ul style="list-style-type: none"> HACS Centre 2 pm – 4pm TUES 09.01.24 – 19.03.24 Contact luke@hacs.org.uk for more information 	<p>Get the Job consists of 11 weekly sessions aimed with the goal to equip you with the skills and knowledge required to secure employment. These sessions are available for all people 16+ who either have an autism diagnosis, are on a waiting list for one, self-identify as autistic, or have a learning disability. Each session will be 2 hours and will include the chance to learn alongside peers on a variety of topics. We will be working on both hard and soft skills to give participants a well-rounded experience on what is required to gain employment and then thrive at work.</p>
<p><u>Behaviour & Anxiety Support Meetings</u></p> <ul style="list-style-type: none"> Virtual 1:30 pm Thu 25.01.24 Virtual 10 am Fri 23.02.24 	<p>MEMBERS ONLY - For parents, carers & professionals who are supporting an autistic person who are seeking advice around behaviour.</p> <p>Book Via our website: https://www.hacs.org.uk/what-s-on</p>
<p><u>Training</u></p> <ul style="list-style-type: none"> HACS Centre 10 am - 12pm TUES 23.01.23 £20 non- members £10 for members <p>If you are a new member, you get this training free - members get tickets half price please email: enquiries@hacs.org.uk</p>	<p>Understanding Autistic Children & Young People A workshop for parents, carers and professionals. This workshop explores the four areas of difference associated with autism. You will have opportunity to network with other families and ask questions in supportive surroundings.</p> <ul style="list-style-type: none"> Understand the four areas of difference in autism Learn effective strategies to support autistic people <p>Book Via our website: https://www.hacs.org.uk/what-s-on</p>
<p><u>Training</u></p> <ul style="list-style-type: none"> HACS Centre 10 am - 12pm Tues 26.03.23 £20 non- members £10 for members <p>members get tickets half price please email: enquiries@hacs.org.uk</p>	<p>Autism Promoting Positive Behaviour This workshop will cover:</p> <ul style="list-style-type: none"> Understanding the functions of behaviour Practise using tools that can be used to understand and unpick behaviour. The autistic meltdown Develop a range of strategies using a positive behaviour approach. Explore emotional regulation tools to support the well-being and self-esteem of autistic people. <p>Book Via our website: https://www.hacs.org.uk/what-s-on</p>