

Children and Young People's Autism Service

Upcoming Tier 2 Parent and Carer Support Sessions

These sessions are delivered by the Early Intervention Service.
Sessions are available live online or face to face.

How to Book

To book a place, please email:
EIS.support@westerntrust.hscni.net

Online Sessions

January 2026

- **Have Hope** (for young people aged 12 and over)
Thursday 8 January 2026, 4:00 pm
- **Keeping It Visual**
Monday 12 January 2026, 12:30 pm
- **Creating a Supportive Environment**
Wednesday 14 January 2026, 12:30 pm
- **Eating**
Wednesday 21 January 2026, 12:30 pm
- **Worries and Me** (for children aged 4 to 11 years)
Thursday 22 January 2026, 9:30 am
- **Time for Toileting**
Friday 23 January 2026, 12:30 pm
- **The Power of Play** (for children aged 0 to 7 years)
Tuesday 27 January 2026, 9:30 am

February 2026

- **Anxiety and Me** (for young people aged 12 and over)
Monday 2 February 2026, 2:00 pm
- **Why We Do the Things We Do** (for children aged 4 to 11 years)
Monday 9 February 2026, 9:30 am
- **Connecting with Others** (for children aged 8 years and over)
Tuesday 10 February 2026, 12:30 pm

- **Intensive Interaction**
Wednesday 18 February 2026, 9:30 am
- **It's a Teen's World** (for young people aged 12 and over)
Friday 20 February 2026, 12:30 pm
- **Let's Tackle Transitions**
Monday 23 February 2026, 4:00 pm
- **Making Sense of Our Senses**
Tuesday 24 February 2026, 12:30 pm

March 2026

- **Can't Sleep, Won't Sleep**
Monday 2 March 2026, 2:00 pm
- **Neurodiversity – We All Think Differently**
Monday 9 March 2026, 4:00 pm
- **School: Chaos to Calm** (Primary School)
Wednesday 11 March 2026, 9:30 am
- **School: Chaos to Calm** (Secondary School)
Wednesday 11 March 2026, 12:30 pm
- **Creating a Supportive Environment**
Thursday 12 March 2026, 2:00 pm
- **I Am Me** (for children aged 8 years and over)
Friday 20 March 2026, 2:00 pm
- **The Power of Play** (for children aged 0 to 7 years)
Wednesday 25 March 2026, 9:30 am

Face-to-Face Sessions

- **Anxiety and Me**
Thursday 15 January 2026, 11:00 am
Location: Omagh
- **Can't Sleep, Won't Sleep**
Wednesday 4 February 2026, 11:00 am
Location: Derry/Londonderry
- **Time for Toileting**
Friday 6 March 2026, 10:00 am
Location: Enniskillen