



# HACS

Hillingdon Autistic Care & Support

Registered Charity No 1066859

## "Autism & Anxiety"

A workshop for Parents, carers and professionals

"Autism and Anxiety" will explore the underlying causes of stress and anxiety in relation to autistic differences, including how these may be expressed by autistic people. Participants will explore how anxiety in autistic people may look and feel different to that in neuro typical people and the importance of supporting autistic people to develop self-regulation strategies.

### Course aims:

Understand the underlying causes of stress and anxiety

Identify the physiological effects of stress and anxiety on the body

Understand the function of behaviour in response to stress and anxiety

Explore emotional regulation tools to support the well-being and self-esteem of autistic people

Learn strategies to support autistic people to understand and manage their own emotions

Trainer: Stephanie Mullally

BSc Hons, PGCE, PGDip

Date: **Thursday 22<sup>nd</sup> February 2018**

Time: **10am – 1pm**

Price: **£10pp for members, £25pp for non-members and professionals**

Venue: **HACS resource Centre, Dudley Place, off Pinkwell Lane, Hayes, UB3 1PB**

*Light refreshments will be provided*

For enquiries or to express an interest please contact [catherine@hacs.org.uk](mailto:catherine@hacs.org.uk)

HILLINGDON AUTISTIC CARE AND SUPPORT  
Registered Charity No 1066859



**BOOKING FORM Autism & Anxiety for parents, carers and professionals**

Thursday 22<sup>nd</sup> February 2018  
10:00am – 1:00pm

**Cost: £10pp for members, £25pp for non-members and professionals**

**Attendees details:**

Full Name (please print) .....

Contact Number .....

Address:.....

..... Post code: .....

Email: .....

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Full Name (please print) .....

Contact Number .....

Address:.....

..... Post code: .....

Email: .....

Please inform us of any special requirements or assistance you may require on the day (e.g. wheel- chair access, special dietary requirements, large printouts, hearing loops etc).

**If you require an invoice, please complete the following to who is should be sent**

Name: .....

Email: .....

**Please tick your chosen payment method:**

**Further Enquiries:** Tel No 0208 606 6780 **Please email this form to [catherine@hacs.org.uk](mailto:catherine@hacs.org.uk)**

**Or post this form to:**

Hillingdon Autistic Care and Support, Dudley Place, Hayes, UB3 1PB

**BACS payment**

Sort Code 20-73-53 Account No. 63532836 Account Name: Hillingdon Autistic Care and Support (HACS). Please quote your surname and workshop title in payment reference.

**Cheques**

Payable to Hillingdon Autistic Care & Support & returned to HACS, Dudley Place, Off Pinkwell Lane, Hayes, Middx UB3 1PB