

Autism Support and Wellbeing Workshop

Topics Explored

- What is Autism?
- Autism and Anxiety
- Emotion Regulation
- Support through a Trauma-Informed Lens
- Neurodiversity Affirming Values
- Quality of Life Supporting Autistic Wellbeing



Date: 17th October 2023

Time: 7-9pm

Venue: The Big Blue Cube Mallow P51 VAK2

Cost: Donation at the door towards the ACTivate Club

Contact: Bernadette O' Connor
CDYS – Youth Ministry
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Facilitator: Miriam O' Connor MA Autism, HDip. Psych.
Emotion Coaching Practitioner

Fully Registered: Teaching Council, M.Ps.S.I.