

Supporting Distressed & Dysregulated Behaviour

An on-line 2-hour workshop for parents who have a child or young person with a disability, autism or are on the pathway for an autism assessment aged 3 -18 who live in the Wokingham Borough

*Please note parents with a child or young person who does not have a disability are welcome to attend this workshop if spaces are available

**An opportunity to explore different ways of thinking about behaviour
We can offer advice & strategies to support your child**

Date: 16th September 2026

Time: 10am – 12 midday

This will be delivered via Microsoft Teams so please download the app prior to the session.

To book or for more information, please contact us at:

first@wokingham.gov.uk

This workshop will be delivered by:
Simone Hall and Helen Tracey
Therapeutic Thinking Practitioners

The Workshop will include:

- *Behaviour is communication*
- *The upstairs and downstairs brain*
- *Triggers & causes*
- *Getting on better*
- *Resources*

