

Changing Behaviour, Changes Behaviour

Online course 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

An opportunity to explore different ways of thinking about behaviour

We can offer advice & strategies to support your child

Join us for **Changing Behaviour, Changes Behaviour**

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

Date: Wednesday 30th September, 7th & 14th October 2026

Time: 10.00am – 11.30am

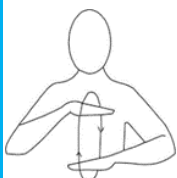
To book or for more information, please contact us via:

Email – First@wokingham.gov.uk

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

The sessions will include:

1. Behaviour & communication, identifying triggers & causes, The Upstairs & Downstairs Brain & The Window of Tolerance
2. Getting on Better, The Behaviour Wave, Positive Support Plans & how you respond
3. CALM stance, sensory needs, rewards, activities, resources & self-care



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