

Autism Workshop Parents & Carers

Echoes
Charity

This workshop is set up for parents and carers of autistic people, undiagnosed or diagnosed, with a program that will be tailored to suit your group's needs. It's a safe space to share and connect through experiences and learn more about autism and yourselves. It's facilitated by qualified psychotherapists and counsellors who have built up a profile of coping strategies that can be adapted to everyone's needs. To get in contact, or to book on a workshop, please visit one of the links listed at the bottom right of this poster.

All courses are free.

If you like to use any creative outlets such as poetry, music, plays, videos, games, artwork and fashion as a way to express emotions or yourself then please send your creations into enquiries@echoescharity.org.uk. You can either be credited or be anonymous.

If you are sharing someone else's material, please quote the author.

To book your free place, please use the QR code below, or by completing the survey on our website.

Course Dates
08/04/2026
7pm-8pm
17/04/2026
1.30pm-2.30pm
02/07/2026
6pm-7pm

The courses will be weekly, for 1 hour over 4-6 weeks.

Complete our surveys-

(<https://www.echoescharity.org.uk/#current-surveys>)

-This enables you to book on our workshops and to provide you with workshops and groups that meet your needs e.g. bereavement/isolation.



Website- www.echoescharity.org.uk
Email- enquiries@echoescharity.org.uk

 Echoes Charity CIO

 @echoes.charity

