

# Cygnet parent/ carer autism training

A comprehensive training and support program for parents/ carers of children aged 5 -18, with a diagnosis of autism. This course is available ***free of charge*** to families living in Barnet.

**Cygnet is a 6 week training course covering topics including:**

* An overview of autism
* Communication
* Sensory needs
* Emotional regulation and understanding behaviour

This course also gives parents/carers an opportunity to meet to meet each other and share their experiences.

**The course is free but it is essential that parents/carers register**Contact Luci Rose from the Autism Advisory Team : Autism.Team@Barnet.gov.uk

Information regarding dates and times are circulated to schools, and will be on the Barnet Local Offer.

<https://www.barnetlocaloffer.org.uk/>

Courses for this term are currently fully booked.

New dates for the spring term will be announced shortly.