



# Parents' Group

Welcoming parents of children with autism and other developmental disabilities

## PROGRAMME

- 13<sup>th</sup> Nov – Heather Orr (ASD Club Supervisor) discusses “what is ABA, anyway?”
- 20<sup>th</sup> Nov – Christine Keenan from Belfast HSCT discusses skills development and Behaviour Management
- 27<sup>th</sup> Nov – Alison Milford Belfast HSCT discusses supporting siblings of children with disabilities
- 4<sup>th</sup> Dec – Jeanette Cush leads a workshop on putting together Bach Flower Remedies
- 11<sup>th</sup> Dec – Frank Liddy joins us from Mindfulness Belfast to share strategies on how to manage stress/reduce anxiety
- 18<sup>th</sup> – Christine McSherry, Creative Arts Therapist, shares information on services that are available through Lifeline

Each Wednesday morning, 10:00 -12:00 at  
CRI Building, 165-169 Donegall Pass, BT7 1DT

Contact Heather on 02890 247600 or [heather@solasbt7.com](mailto:heather@solasbt7.com) to find out more.