



## HOPE PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN





PEER SUPPORT SELF-MANAGEMENT
OFFER FOR PARENTS OF AUTISTIC
CHILDREN ACROSS THE SOUTH WEST



## **COURSE DATES 2023/24**

# HOPE PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN

2023			
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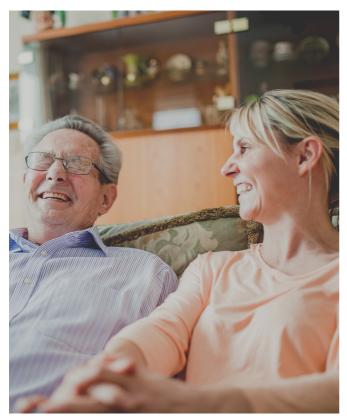
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#### **BOOK NOW**

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## HOPE PROGRAMME





## **HOPE: Help Overcoming Problems Effectively**

The **Hope Programme** is a free selfmanagement course designed to empower you to discover your strengths and find new ways to cope with whatever life throws at you.

Delivered online or in person, you choose what works best for YOU.

Supported by trained facilitators, meet others in the same situation and learn new skills that will help you on your journey to feeling better and more hopeful.

Co-designed with users, healthcare professionals and researchers at Coventry University, over 18,000 people across the UK have benefitted from the Hope Programme to date.







## HOPE **PROGRAMME** FOR PARENTS **OF AUTISTIC CHILDREN**

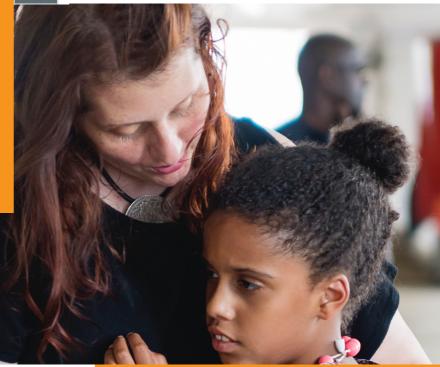
FREE SELF-MANAGEMENT COURSE

"It was wonderful to have access to this course in my own home at my own pace so I could do as little or as much as I wanted each day."









#### **ARE YOU A PARENT OF AN AUTISTIC CHILD?**

Would you like to learn tips to cope better and be more resilient?

Mindfulness











Identify Personal Strenaths













Diaries



Setbacks







Unhelpful Beliefs

Eating

Activity

This 6 session programme is delivered online via our platform.

- Available 24/7 on any device
- Sessions released weekly
- Learn at a time and pace that suits you
- An option to remain anonymous
- Supported by trained facilitators

**BOOK NOW** 

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#### **COURSE START DATES**

24.01.23

18.04.23

08.06.23

07.09.23

### HOPE **PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN**

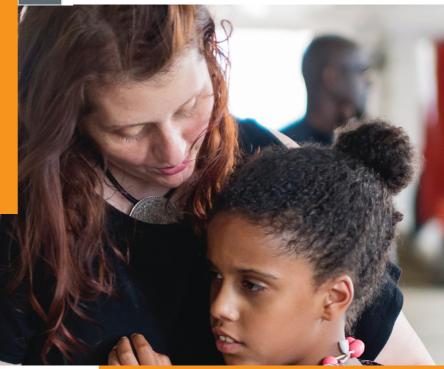
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#### **COURSE START DATES**

16.01.24

16.04.24

11.06.24

10.09.24









For more information email: contact@h4c.org.uk or visit our website www.h4c.org.uk Hope For The Community CIC is a Coventry based social enterprise empowering people to manage their wellbeing and to flourish in their working and personal lives.