

HOPE PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN





COURSE DATES 2023/24

HOPE PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN

2023

24.01.2023

18.04.2023

08.06.2023

07.09.2023

2024

16.01.2024

16.04.2024

11.06.2024

10.09.2024

BOOK NOW

WWW.H4C.ORG.UK/COURSES



HOPE

PROGRAMME



HOPE: Help Overcoming Problems Effectively

The **Hope Programme** is a free self-management 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.

Coventry
University 



A man with a short beard and mustache, wearing a white t-shirt, is shown in profile from the chest up. He is looking down at a dark brown coffee cup he is holding with both hands. The background is a bright, out-of-focus window or balcony area.

**LIFE CAN GET
HARD AND
LONELY
SOMETIMES.**

**IT CAN TAKE
A TOLL ON
YOUR
WELLBEING.**

**Meet others in
the same
situation, feel
less tired, less
stressed and
more in control.**



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."



the
hope
programme

NHS
England
South West



ARE YOU A PARENT OF AN AUTISTIC CHILD?

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

Mindfulness



Goal Setting



Fatigue Management



Stress Management



Identify Personal Strengths



Gratitude Diaries



Dealing with Setbacks



Challenging Unhelpful Beliefs



Healthy Eating



Physical 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

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COURSE START DATES

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the
hope
programme



**ON THE HOPE
PROGRAMME
YOU ARE NOT
ALONE**



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.

