



St Dallan's Primary School

Principal: Mrs U Farrell BA (Hons) Ed, DASE PQHNI

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Dear parents/guardians

In conjunction with Middletown Centre for Autism we are delighted to host the following parent/guardian workshop:

Title: 'Autism & Understanding Anxiety'

Date: Tuesday 24th October

Time: 11am – 12.30pm

Venue: St Dallan's PS, Warrenpoint

The aim of the workshop will be to help parents understand the stresses autistic children and young people experience, particularly within the primary school environment. There will be a focus and discussion on the external environmental demands and stress experienced by many autistic children which can contribute to anxiety experiences.

Participants will understand:

- The relationship between autism and anxiety, and how anxiety affects our body and mind
- Fatigue and masking in relation to anxiety from an autistic point of view
- How environmental, communication, sensory, emotional, and cognitive stresses can be supported to reduce anxiety experience within the school environment

During the workshop a range of supports and resources will be explored which can be used to support an autistic child or young person.

****Please contact St Dallan's school office to book your place (028 417 52655)***

Your sincerely

Mrs U Farrell
(Principal)