

# EMBRACING AUTISM

**Three days that focus on skills and strategies**, for parents, carers and professionals supporting an autistic young person. Hampshire CAMHS Colleagues will be hosting these days alongside parents / carers with lived experience.

Supporting your autistic child to thrive - adapting to meet the needs of the autistic YP and practical strategies. Led by Dr Catherine Robson - Hampshire CAMHS.

Support for SEN in education & what to do if it's not working. Led by Gayle Moir, SENDIASS Services Manager. (not on 14 March)

Understanding autistic burnout, what it is, why it happens, why it's different to depression, recovery, safe spaces, and prevention. Led by Viv Dawes - Advocate/trainer/author.

**9.30am - 3.30pm**

**Friday, 14 March, 2025**  
Proteus Creation Space,  
Council Road, Basingstoke  
RG21 3DH

**Wednesday, 9 July, 2025**  
Waterlooville Community  
Centre, 10 Maurepas Way,  
Waterlooville, PO7 7AY

**Friday, 14 November, 2025**  
St Peter Church Conference  
Centre, Jewry Street,  
Winchester, SO23 8RY



**For more information and to book a place go to  
[www.hampshirecamhs.nhs.uk/events/](http://www.hampshirecamhs.nhs.uk/events/)**

**Tickets £20**  
Tea and coffee  
included

# HOW TO COPE WHEN YOUR CHILD CANT

Four one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

Each morning session will focus on different topics - further details can be found on our website.

The afternoon session will focus on How to Feel Better as a Parent in Burnout.

Tickets £25  
Tea, coffee  
and lunch  
included

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[www.hampshirecamhs.nhs.uk/events/](http://www.hampshirecamhs.nhs.uk/events/)

**Thursday, 30 January 2025**  
9.30am - 3.15pm

Proteus Creation Space,  
Council Rd, Basingstoke  
RG21 3DH

**Thursday, 8 May 2025**  
9.30am - 3.15pm

St Peter's Catholic Church  
Conference Centre, Jewry St,  
Winchester SO23 8RY

**Thursday, 23 October 2025**  
9.30am - 3.15pm

Colbury Memorial Hall,  
133 Main Rd, Totton,  
Southampton SO40 7EL

**Tuesday, 2 December 2025**  
9.30am - 3.15pm

Waterlooville Community Centre,  
10 Maurepas Way, Waterlooville,  
PO7 7AY

# UNDERSTANDING ADHD

**A day that focuses on skills and strategies**, for parents, carers and professionals supporting a child with ADHD. Hampshire CAMHS Colleagues will be hosting this day alongside parents / carers with lived experience.

Understanding your child with ADHD, support, strategies and tips. Led by the Hampshire CAMHS ADHD team.

Support for SEN in education & what to do if it's not working. Led by Gayle Moir, SENDIASS Services Manager.

ADHD nervous system differences, sensory systems, emotional regulation, stress response, attention regulation, and executive functioning, Led by Courtney Freedman-Thompson-coach and wellbeing facilitator and lived experience.

**9.30am - 3.30pm**

**Wednesday,  
14 May, 2025**

Thorngate Hall, Bury Road  
Gosport, PO12 3QX

**Friday,  
24 September, 2025**

Proteus Creation Space,  
Council Road, Basingstoke  
RG21 3DH

**Tickets £20**

Tea and coffee  
included

For more information and to book a place go to  
[www.hampshirecamhs.nhs.uk/events/](http://www.hampshirecamhs.nhs.uk/events/)

