

The programme is aimed at empowering parents, carers and accompanying professionals to understand more about the mental health issues that children and young people with autism may experience.

## Who is the Healthy Minds Programme for?

- parents and carers who have a child aged 5-12 years who has an autism spectrum diagnosis
- parents and carers must have attended our Cygnet Course or another training course such as Early Bird
- Three places are allocated on the programme: two for families and one for an accompanying professional.

*Any professional who is involved with the child is able to accompany parents/carers. It is for parents/carers to decide which professional they would like to attend the programme.*

## What is the Healthy Minds Programme?

- 6 sessions, normally run weekly
- Each session 2 ½ hours
- Opportunities to share information and experiences and explore strategies
- Aim to build self-esteem; increase confidence; reduce anxiety; and develop resilience in your child/young person

## Who delivers the Healthy Minds Programme?

The programme is run by autism experienced professionals who have been trained and licensed by the National Autistic Society's EarlyBird Centre team.

*If you are interested in attending a programme, please contact us to ask for an application form:*

**Action for ASD Children's Service**

Healthy Minds Programme

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