

## Cygnets - Parenting Support for Families with Children with Autism

The **Cygnets** parenting support programme is for families who have children:

- with a diagnosis of Autism or Asperger
- aged between 5-18yrs

The programme is available in:

- English and Urdu
- in Bradford East, West, South and Shipley and Keighley
- during the daytime and evening

“It was great to meet other families; we shared ideas and top tips”

The programme runs for 7 weeks:

- 1 - Introduction
- 2 - What is Autism?
- 3 - Sensory Differences
- 4 - Communication
- 5 - Understanding behaviour
- 6 - Managing behaviour
- 7 - Free session (parents' choice)



Interested? Call Early help 01274 432121 or Email: [parenting@bradford.gov.uk](mailto:parenting@bradford.gov.uk)

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