National Autistic Society | Teen Life Licensed

To find out more visit:
www.autism.org.uk/earlybird

What does autism look like in teenagers?

Join the National Autistic Society's Teen Life programme for parents and carers of young autistic people aged ten to 16.

Teen Life programme

Get together with other parents to share advice and experiences. The six-session programme covers:

- **understanding autism in teenagers**
- **women and girls**
- **self-esteem**
- **stress and anxiety**
- **puberty**
- **planning for the future.**

"What a course! I would strongly recommend any parent with a teenage child on the autism spectrum attend this programme."
Parent

This is your local licensed Teen Life group leader, trained by the National Autistic Society.

Contact them for more information:

Name: Connie Buckle

Contact: _____

Information and support

Get free resources and expert advice on a wide range of issues affecting autistic people and their families.

Visit:
www.autism.org.uk

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427)