



Would you like support with understanding and managing your young persons behaviours of concern?

### The Course

- Each weekly session covers a different aspect of understanding and supporting behaviours of concern of children who are autistic and/or have learning disabilities.
- This includes considering communication and sensory needs. Parents and carers will start the course by identifying a behaviour of concern and together we work to identify potential triggers and strategies to help.
- There is also a focus on parent/carer wellbeing throughout the course.

### Further information

- This free course will run for 10 weeks, and the sessions will be 2 hours long. Parents need to attend all sessions with the exception of unexpected circumstances i.e. sickness.
- You should live with, or have very frequent contact with your young person.
- The course is for parents/carers of young people with a confirmed diagnosis of Autism and/or learning disability.

### Contact Link LD/A for more information

Email: [linklda@somersetft.nhs.uk](mailto:linklda@somersetft.nhs.uk)

Phone our Adviceline on:  
03003732975

(open Wednesdays 12.30–14.30 and  
Fridays 8.00–10.00)



If interested, please contact us