



Secondary Age CAT PAC – Spring 2025
To be delivered Online via Microsoft TEAM's

We would like to invite you to a CAT PAC course, our parent awareness course designed to support parent carers of children with autism or children who are on the neurodevelopmental pathway.

- The course has been designed for parents who want to increase their understanding of autism.
- The sessions will be delivered virtually via Microsoft TEAMS, a link will be sent to you a few days before each session.
 - Each session will last for 2 hours

SPRING TERM 2025

Session1 – What is Autism?	30 th January 2025: 12.30-2.30pm
Session 2 – Social communication	6 th February 2025: 12.30-2.30pm
Session 3 – Sensory differences	13 th February 2025: 12.30-2.30pm
HALF TERM	
Session 4 – Supporting teenagers with autism	27 th February 2025: 12.30-2.30pm
Session 5 – Emotional well-being / Anxiety	6 th March 2025: 12.30-2.30pm
Session 6 – Parent carer choice & signposting to Local Offer / services	13 th March 2025: 12.30-2.30pm

The subject or title of your email needs to state that it is for the

Spring 2025 Secondary Online CAT PAC: *In your email please include:*

- Your name – Parent carer
- Your Child's name
- Your Child's and school (Your child's CAT worker if known.)

Due to limited places, the course will be offered to the first families to contact us. There is an expectation that parents try to attend all sessions if possible.

Please email A2EGeneral@birmingham.gov.uk to reserve a place. You will receive an email response to confirm your place or to tell you that the course is full.

Yours sincerely, Wendy Bantock and Lisa Walmsley