

## BELS Advisory Team for Autistic Children and Young People

### **BACPAC: Barnet Autism Course for Parents And Carers. An Online Parent/Carer Training Course**

A comprehensive training and support programme for parents/carers of children **aged 6-19**, with a **diagnosis of Autism**.

This course is available free of charge to **families living in Barnet**.

**A 5-session morning or a 6-session evening online training course, covering topics including:**

- An overview of what it means for your child to be Autistic.
- Communication.
- Sensory needs.
- Understanding emotional regulation/'behaviour'.

This course also gives parents/carers an opportunity to meet each other and share experiences.

Please only sign up for **one** of these courses and please do not sign up if you have already attended this course, or the Cygnets Course.

#### **BACPAC: Barnet Autism Course for Parents and Carers. Spring Term 2024 One, A 5-session morning course.**

**Dates and times:**

Wednesday 10<sup>th</sup> January 10-11.30am

Wednesday 17<sup>th</sup> January 10-11.30am

Wednesday 24<sup>th</sup> January 10-11.30am

Wednesday 31<sup>st</sup> January 10-11.30am

Wednesday 7<sup>th</sup> February 10-11.30am

Sign up here: <https://forms.office.com/e/bK36SQqzCL>

**Unfortunately this course is now fully booked but  
there are still spaces on the evening BACPAC  
course February/March 2024 - see below**

#### **BACPAC: Barnet Autism Course for Parents and Carers. Spring Term 2024 Two, A 6-session evening course.**

**Dates and times:**

Tuesday 20<sup>th</sup> February 6.30-8pm

Tuesday 27<sup>th</sup> February 6.30-8pm

Tuesday 5<sup>th</sup> March 6.30-8pm

Tuesday 12<sup>th</sup> March 6.30-8pm

Tuesday 19<sup>th</sup> March 6.30-8pm

Tuesday 26<sup>th</sup> March 6.30-8pm

Sign up here: <https://forms.office.com/e/Ck9wbPpm7Z>

For any enquires please email [Autism.Team@barnet.gov.uk](mailto:Autism.Team@barnet.gov.uk) with 'BACPAC course' as the subject, thanks.