



## Discovering Rainbows

Welcome to Discovering Rainbows. It is our aim to help families understand what is meant by the autistic spectrum. This applies to families who are awaiting a possible diagnosis or have just received a diagnosis. It is our experience that many families perceive that their family is very different to others and that no one understands their child, their battles and the challenges involved. At times it can all be very overwhelming. We hope that this six-week programme will give you more understanding, offer support and networking opportunities, in order to see there is light at the end of the tunnel. We hope that you will be able to see that as well as difficult times, there are good times to be had. In short, we hope you will discover rainbows!

The six sessions will cover the areas:-

Week 1	Introductions, safeguarding, questionnaires. The history of autistic spectrum. What is meant by social interaction difficulty? How your child presents.
Week 2	Social Communication.
Week 3	Rigid Thinking/Social Imagination (obsessions, rituals and routines).
Week 4	Sensory Processing Difficulties.
Week 5	Anxiety (managing fight, flight or freeze).
Week 6	To be decided by families (sleep, siblings, toileting etc.)

The sessions will be 2 hours per session.  
Sessions will be held at our Pinhoe centre in Exeter  
Dates for the sessions are:-

**17<sup>th</sup> February 2024, 2<sup>nd</sup> March 2024, 20<sup>th</sup> April 2024, 1  
8<sup>th</sup> May 2024, 29<sup>th</sup> June 2024, 20<sup>th</sup> July 2024**

All session times will be 9.15-11.15am - Spaces are limited to just 8 people

The cost is £120 which equates to just £10 per hour.

Sessions are payable in advance £120 and non refundable.

**The closing date for this course is 10<sup>th</sup> February 2024!**

**\*\* To book your place email [infoswautism@gmail.com](mailto:infoswautism@gmail.com) \*\***

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