

HOPE PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN

FREE ONLINE SELF-
MANAGEMENT COURSE



"It was wonderful to have access to this course in my own home at my own pace so I could do as little or as much as I wanted each day."

ARE YOU A PARENT, CARER OR A GUARDIAN OF AN AUTISTIC CHILD?

Would you like to learn tips to cope better and be more resilient?



This 6 session programme is delivered online.

- Available 24/7 on any device
- Sessions released weekly
- Learn at a time and pace that suits you
- An option to remain anonymous
- Supported by trained facilitators



FREE - ONLINE - FLEXIBLE

BOOK NOW

WWW.H4C.ORG.UK/COURSES
EMAIL: CONTACT@H4C.ORG.UK
OR PHONE: 024 7736 0153



COURSE START DATES

29.04.2026
17.06.2026
09.09.2026