



# Autism courses for families

- Refreshments provided [tea, coffee, biscuits], please bring your own lunch
- This is open to parent/carers only. Receive a FREE course booklet to take home
- Learn from our experienced facilitators & other

## Understanding and supporting stress and anxiety-related behaviour course

21st Nov 2024 9.30-2.30pm

Bolton Central library

Bolton BL1 1SE

**Booking is essential for this free course**  
more information: click [link](#)

Email [gmac@nas.org.uk](mailto:gmac@nas.org.uk)

[www.autismgm.org.uk/events](http://www.autismgm.org.uk/events)

