



Parent/Carer
Training Calendar

January – June 2026



Training sessions can be booked via Eventbrite using the QR code below. Please note which sessions are open to professionals and members of the wider community. If a session is fully booked on Eventbrite, please contact us using the email address below to be added to the waiting list.

If you have any questions, queries, or suggestions, please email **hope@hopeforautism.org.uk**.

If you would like to support our work, donations can be made via our website: <https://www.hopeforautism.org.uk>.

If you are an organisation interested in arranging training for your staff or service, please contact us at **hope@hopeforautism.org.uk**, and we will be happy to discuss and organise training to meet your needs.

Further information about each session can be found at the end of this leaflet.

Online training: Delivered via Zoom (a link will be emailed the day before the event).

In-person training: Held at various community centres and venues across the council area. Please see the back of the booklet for addresses.

Eventbrite QR Code:



facebook.com/HOPEforAutismNL



@HOPEforAutismNL



instagram.com/hopeforautismnl/



January

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Thursday 15 th (part 1) 22 nd (part 2)	9.30- 1.30	Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop	HOPE for Autism	North Lanarkshire Parent/Carers	Coatbridge Community Centre	Free
Thursday 22 nd 29 th Jan 5 th , 12 th , 19 th Feb	9.30- 11.30	Cothu! 5 week Parenting Course	AUsome Training Delivered by HOPE for Autism	North Lanarkshire Parent/ Carer	Pat Cullinan Community Centre	Free
Saturday 31 st	10:00- 2:00	Understanding and Supporting Your Autistic Young Adult	HOPE for Autism	Lanarkshire Parent/Carers	Coatbridge Community Centre	Free
Monday 26 th , 2 nd 9 th 23 rd Feb	6:00- 7:00pm	NeuroBears	Facilitated by HOPE for Autism Created by: https://www.pandasonline.org	Any child/young person ages 8-13 with a safe adult	Online Via Zoom	Members £15 Non Members £30



February

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tuesday 3 rd	10:00-12:30	Challenging Behaviour: Distress Not Defiance	HOPE for Autism	Lanarkshire Parent/Carers	Gartlea Community Centre	Free
Monday 9 th	10:00-2:00	Trauma Informed Parenting	T.I.P.	Lanarkshire Parent/Carers	Muirfield Community Centre	Free
Tuesday 24 th	10-11.30	Introduction to Autism	HOPE for Autism	Lanarkshire Parent/Carers Professionals Welcome	Online Via Zoom	Free
Wednesday 25 th	9.30-12:00	Understanding Autistic Masking	HOPE for Autism	North Lanarkshire Parent/Carers	Muirfield Community Centre	Free
Thursday 26 th Feb, 5 th , 12 th , 19 th , 26 th March	9.30-11.30	Cothu! 5 week Parenting Course	AUsome Training Delivered by HOPE for Autism	North Lanarkshire Parent/ Carer	Riverbank Community Hub	Free



March

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tuesday 17 th (part 1)& 24 th (part 2)	10:00-2:00	Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop	HOPE for Autism	North Lanarkshire Parent/Carers	Pather Community Centre	Free
Tuesday 31 st	9:30-12:00	Extreme Demand Avoidance: Practical Tools for Carers	HOPE for Autism	North Lanarkshire Parent/ Carer	Coatbridge Community Centre	Free

April

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Wednesday 1 st	1:00-2:30pm	Introduction to Autism	HOPE for Autism	Lanarkshire Parent/Carers Professionals Welcome	Onlive via Zoom	Free
Tuesday 28th	7:00-9:30pm	Autism Exploration- Could I Be Autistic	HOPE For Autism	18+ Lanarkshire	One Wellynd	Free



May

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tuesday 5 th	7:00-9:30pm	Understanding Autistic Masking	HOPE for Autism	Lanarkshire Parent/Carers Professionals Welcome	Online via Zoom	Free
Tuesday 19 th	10:00-12:30	Extreme Demand Avoidance: Practical Tools for Carers	HOPE for Autism	North Lanarkshire Parent/ Carer	Wishaw- TBC	Free
Tuesday 26 th	10:00-11:30	Introduction to Autism	HOPE for Autism	North Lanarkshire Parent/ Carer Professionals Welcome	Shotts - TBC	Free

June

Date	Time	Topic	Trainer	Who can attend?	Where?	Cost
Tuesday 2 nd & 9 th	10:00am-2:00pm	Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop	HOPE for Autism	North Lanarkshire Parent/Carers	Muirfield Community Centre	Free
Tuesday 16 th & 23 rd	7:30-9:30pm	Understanding and Supporting Your Autistic Young Adult	HOPE for Autism	Lanarkshire Parent/Carers	Zoom Split over two sessions	Free



More information:

Training delivered by HOPE for Autism

NeuroBears – 4 week course (1 hour sessions) <https://www.pandasonline.org/>

NeuroBears is a course all about the autistic experience. It is accessible for autistic young people (ages 8-14), who can attend with their safe adult. The course is made up of 12 short videos watched over 4 weeks either delivered on zoom or in person. A supporting course handbook is also provided. NeuroBears has been created by autistic adults in collaboration with autistic young people to provide an easy to understand course. HOPE has a licence to deliver this course.

Introduction to Autism for Parents and Carers

Are you in the early stages of thinking that your child could be autistic? Are you a professional working with children who are autistic and you need a little more understanding? Join our informative session designed to provide you with a first look at autism and some basic support strategies. Led by autistic adults, this introductory session provides valuable insights, empowering you with confidence and some basic tools needed to navigate the early stages of understanding and supporting your autistic child

Understanding and Supporting Your Autistic Young Adult

Are you a parent of a young autistic adult? Join our comprehensive workshop designed to help you better understand and support your young adult on their journey.

Led by autistic adults, this workshop will provide valuable insights into the unique experiences and needs of young autistic adults. Learn practical strategies to foster independence. Connect with other parents, share experiences, gain the confidence and tools you need to support your young adult.



Understanding and Supporting Your Autistic Child: Empowering Parents 2 Day Workshop:

Join us for an insightful and transformative workshop, created and delivered by autistic adults with autistic children. This unique two half-day session offers a fresh perspective on autism.

In the first session, you will learn what autism is, how it is identified, and explore the traits of autism. We will discuss how it feels to be autistic and how the autistic brain may process information.

The second session focuses on the strengths of autistic thinking and promoting good mental wellbeing. We will explore the development of effective support strategies, focusing on methods to support your autistic child's wellbeing.

By the end of the workshop, you will leave with increased confidence and practical tools to support your autistic child, along with a deeper understanding of neurodiversity and autism.

Autism Exploration: Could I be Autistic?

Are you an adult who has ever wondered if you might be autistic? Join us for an informal and fun workshop designed to help you explore and understand your potential autistic identity. Led by autistic adults, this session will provide you with valuable insights and supportive resources to embark on a journey of self-discovery.

Through discussions and peer support, you'll gain a deeper understanding of autism and how it may relate to your experiences. Whether you're seeking answers, community, or support, this workshop offers a safe, inclusive and engaging space for your journey.

For adults 18 years and older. Please note this is not a diagnostic service but a space to openly discuss your questions with autistic adults about yourself.

Extreme Demand Avoidance (Also known as PDA): Practical Tools for Carers

Are you supporting someone who is Extreme Demand Avoidant (EDA)? Join our workshop designed to help you recognise and understand demands and provide effective support for individuals who are EDA.

Led by autistic adults, this workshop will help you with practical strategies to reduce demands and structure conversations in a way that supports the EDA individual.

Please note this is for Parent/Carers only.

Understanding Autistic Masking

What It Is, Why It Happens, and How to Support It



Cothu!

COTHÚ (pronounced ka-hoo), *Irish for nurture*, is a unique neurodiversity-affirming parenting course.

Cothú offers parents a different view of their child and a deep understanding of what it means to be Autistic – because it was designed by Autistic people. It is full of practical tools, exercises and opportunities for growth.

As parents, we know family life is busy, so we make it easy for you, with simple but powerful ideas to make everyday changes with great results.

This 5-week program will help you understand your child from an Autistic perspective, deepen your connection, and improve your WHOLE family's wellbeing.

During our program, you will get the chance to connect with other parents who are in the same boat. Cothú provides a welcoming space where you can share your own experience and learn from each other in a respectful, non-judgmental way.

Training delivered by other Organisations:

Trauma Informed Parenting - <https://www.traumainformedparenting.uk/>

In this workshop our aim is to improve mental health and wellbeing, change generational patterns of behaviour by giving parents and caregivers an awareness of the trauma informed approach

The objectives will be

1. Understanding that all negative behaviours arise from a state of stress and fear.
2. Recognising our own fear and stress in these moments and how that is affecting our connection with our child.
3. Learning what is really going on in our child's brain and our own brain in these moments of stress and fear.
4. Learning strategies and coping skills to help stay calm and regulated ourselves so that we are more able to help our children learn these skills, enabling them to think clearly enough to make decisions and learn.
5. Understanding the 3 pathways of emotional expression.
6. Seeing the power of an apology when de-escalating a stressful situation and taking the responsibility.
7. The importance of connection and relationship when healing trauma and teaching children to build resilience

Training delivered by NHS Neurodevelopmental Service

Please note the ND service run several workshops. For more info see their Facebook page: Neurodevelopmental Service- CYP NHSL

Or their Eventbrite page: Neurodevelopmental Service - CYP NHSL <https://www.eventbrite.co.uk/o/neurodevelopmental-service-cyp-nhsl-78023144453>



Venues:

Gartlea Community Centre

Hillfoot Rd, Airdrie ML6 9PB



Coatbridge Community Centre

9 Old Monkland Rd, Coatbridge ML5 5EA



Pat Cullinan Community Centre

Logans Rd, Motherwell ML1 3PB



Corner Stone House

1 Esk Walk, Cumbernauld, G67 1BZ



Burnhead Community Centre

Burnhead St, Uddingston G71 5AT



Riverbank Community Hub

Coatbridge ML5 4PG



Chryston Cultural Centre

Lindsaybeg Rd, Chryston, G69 9DE



Old Monkland Community Centre

23 Lismore Dr, Coatbridge ML5 5PG



Shotts Community Centre

Kirk Road Shotts ML7 5ET





Chapelside Community Centre:
Waddell St, Airdrie ML6 6JU



Muirfield Community Centre:
1a S Muirhead Rd, Cumbernauld, G67 1A



One Wellywnd
35 Wellwynd, Airdrie ML6 0BN



Pather Community Centre
Caledonian Rd, Wishaw ML2 0HZ





Family Support Services

Information Drop in events

Along with HOPE there will be lots of organisation who offer a variety of services to support families with autistic children and autistic people themselves. These are informal drop in events.

Tues 10th February

10-12noon

Chryston Cultural Centre

Tues 10th March

10-12noon

Old Monklands Community Centre

Coatbridge

Tues 12th May

10-12noon

Shotts Community Centre

Some of the organisations who usually attend these sessions but may not be at all:

Lanarkshire Carers
North Lanarkshire Carers Together
Neurodevelopmental Service - NHS Children & Young People
Mindroom Kooth
Friend Lanarkshire
Self Harm Network Scotland
Family Here and Now service
Assistive Technology Team
North Lan Disability Forum



Parent Support Groups

Come and meet other parents raising autistic children to share advice and support.

Monday

One Wellynd, Airdrie

10-11.30am

Runs Fortnightly during Term Time

January 12th and 26th

February 9th and 23rd

March 9th and 23rd

April 20th

May 4th and 18st

June 1st

Tuesday

Online (Via Zoom)

Last Tuesday of the month 7-8.30pm

January 27th

February 24th

March 31st

April 28th

May 26th

June 30th

Wednesday

Cornerstone House,

1 Esk Walk, Cumbernauld

Weekly Term Time

1-2.30pm

Starts back: 14th January

Thursday

Burnhead Community Centre, Uddingston

6.30-8pm

Runs Fortnightly during Term Time

January 15th and 29th

February 12th and 26th

March 12th and 26th

April 9th and 23rd

May 7th and 21st

June 4th and 18th

No sign up required for any Parent Support Groups

Pop along and have a coffee with our staff and other parents