

the curly hair project

www.thegirlwiththecurlyhair.co.uk/events



**ASD/
AUTISM/ASPERGER'S
SYNDROME WORKSHOPS IN
EDINBURGH!!**

WEDNESDAY 14 JUNE 2017

ASD & Anxiety (10am-12.30pm)

- comparison of anxiety in autistic people vs neurotypical people
- emotional understanding and regulation
- CBT
- strategies for managing anxiety in day to day life

ASD & Socialising (1.30-4pm)

- the triad of impairments
- understanding the individual's intrinsic capacity and natural desire for socialising
- strategies to make social situations easier
- what difference does it make whether you are an introvert or an extrovert?

Location: Autism Initiatives, Number 6 One Stop Shop,
24 Hill Street, Edinburgh EH2 3JZ

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