

Date: November 2018  
Our ref: St Thomas More CAT PAC

Dear Parent/Carer

We are writing to invite you to a course we are running for parents called the CAT PAC (Parent Awareness Course). This is a programme for parents of children who have been diagnosed with an Autistic Spectrum Condition.  
The CAT PAC runs for 6 weeks and each session is 2 hours long.

The sessions will take place at

***St Thomas More Catholic Primary School,  
Horse Shoes Lane  
Sheldon  
Birmingham  
B26 3HU***

**Sessions from 9:00 – 11:00 (Thursdays)**

Session 1 – An introduction to Autism	Thursday 24 <sup>th</sup> January 2019
Session 2 - Social Communication and Interaction	Thursday 31st January 2019
Session 3 – Sensory Issues	Thursday 7 <sup>th</sup> February 2019
Session 4 – Sleeping, Eating and Personal Hygiene	Thursday 14 <sup>th</sup> February 2019
Session 5 – Anxiety	Thursday 28 <sup>th</sup> February 2019
Session 6 – Behaviour and Managing Transitions	Thursday 7 <sup>th</sup> March 2019

**Please telephone us on 0121 303 1792 to book a place**

Due to limited places the course will be offered to the first twenty families to contact us.  
There is an expectation that parents endeavour to attend ***all*** sessions if possible.

If you are unable to attend this group, but would like to attend an alternative group in the future please contact your CAT worker.

Yours sincerely,

*Catherine Mohan and Alison Tatem*

Communication / Autism Team

