

Date: July 2019  
Our ref: Blakesley 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  
**Blakesley Hall Primary School**  
**Yardley Green Rd,**  
**Birmingham B33 8TH**

**Sessions from 1pm – 3pm (Thursdays)**

Session 1 – An introduction to Autism	12 <sup>th</sup> September 2019
Session 2 - Social Communication and Interaction	19 <sup>th</sup> September 2019
Session 3 – Sensory Issues	26 <sup>th</sup> September 2019
Session 4 – Sleeping, Eating and Personal Hygiene	3 <sup>rd</sup> October 2019
Session 5 – Anxiety, Behaviour and Managing Transitions	10 <sup>th</sup> October 2019
Session 6 – Autism and Birmingham	17 <sup>th</sup> October 2019

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

Due to limited places the course will be offered to the first twelve 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,

*Viv Walters and Wendy Peel*

Communication / Autism Team