

Family Wellbeing Course

Learn about autistic thriving through our unique videos created with autistic children

Emphasis on family wellbeing, not on teaching you about autism

Time to talk to autism professionals about your child

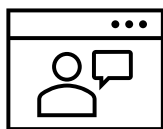
Meet other families in similar situations

A supportive space for families to explore what thriving means to them

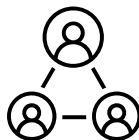
Join our 6-week, in-person course designed for parents and carers of autistic children (and those awaiting a diagnostic assessment). The course offers a warm, inclusive environment to build understanding, share experiences, and explore practical, neurodiversity-affirming approaches to family wellbeing.

★ [Upcoming course dates and registration details available on our website](#) ★

What the course offers



Videos of autistic children explaining what it is like to be autistic, and what helps them to thrive



A supportive place to meet other families and think about **what helps your family wellbeing**



An opportunity to discuss **practical strategies** specific to your family and child

Course details

Format: 6 weekly sessions (2 hours each) in person at the University of Reading Whiteknights Campus

Group options: For parents and carers of children aged 5–11, or 11–16

Cost: £60 per person (but please contact us if cost is a barrier to attending)

Facilitators: Dr Jo Billington (University of Reading) and an experienced autistic parenting practitioner from local charity Parenting Special Children

To enquire or register, please contact us via autism@reading.ac.uk or +44 (0)118 378 7558

For more information about these courses, please [visit our website](#)

Feedback from parents and carers who have attended previous Family Wellbeing Courses

"[I] feel more confident as a parent"

"Hearing from young people. [...] helped my understanding of listening to my children more, not making assumptions about what I think they are feeling, want and need"

"Listening and watching videos about kids with autism sharing their life experiences had the biggest impact on me"

"It was amazing to hear directly from autistic people how they see and experience the world"

"[It's] given me a whole different perspective"

"Children and young people being given a platform to express themselves and help others understand about their world definitely changed my understanding"