



## The National Autistic Society's Teen Life programme

The Teen Life Programme is a six-week group course for parents and carers of young people who are on the autism spectrum.

The programme aims to support you as a parent or carer to understand more about how autism is experienced by autistic teenagers. It will discuss useful strategies and share ideas of how to support an autistic young person through their teenage years.

**Who is it for?** The Teen Life programme is for families whose child or teenager is aged between 10-16 years old with a diagnosis of autism. Sessions can be attended by parents/carers with a supporting professional.

**How can I take part?** To find out more contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je).

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit [www.gov.je](http://www.gov.je) and search for *Children and Families Hub*

