

7TH FEB, 2023

9.45AM -  
12NOON

# AUTISM / ALN ANXIETY WORKSHOP

This workshop focuses on anxiety and how it can affect our autistic children pre and post a diagnosis. The workshop is aimed at parents / carers to enable them to share and by the end of the session have some strategies and resources on how to support their children with managing anxiety and their wellbeing.

## VENUE

MILFORD HAVEN  
YOUTH CENTRE  
PRIORY RD

## TO BOOK CLICK ON LINK:

<https://www.eventbrite.co.uk/e/458611789207>

## FUNDED BY



CRONFA  
**GYMUNEDOL**  
**COMMUNITY**  
FUND



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# AWTISTIAE TH / ADY GWEITHDY PRYDER

Mae'r gweithdy hwn yn canolbwyntio ar bryder a sut y gall effeithio ar ein plant awtistig cyn ac ar ôl diagnosis. Nod y gweithdy yw rhieni / gofalwyr i'w galluogi i rannu ac erbyn diwedd y sesiwn mae ganddo ryw faint o strategaethau ac adnoddau ar sut i gefnogi eu plant i reoli pryder a'u lles.

## LLEOLIAD

ABERDAUGLEDDAU  
CANOLFAN IEUENCTID  
FFORDD Y PRIORDY SA73 2EB

## I ARCHEBU CLICIWCH AR Y DDOLEN

<https://www.eventbrite.co.uk/e/458611789207>

## ARIANNWYD GAN



CRONFA  
**GYMUNEDOL**  
**COMMUNITY**  
FUND

# ASD Family Help

21ST MARCH, 2023

9.45AM -  
12NOON

# AUTISM / ALN BEHAVIOUR WORKSHOP

This workshop is for parents/carers with children who are on the Autistic Spectrum or ALN and are having difficulties managing certain behaviours / concerns at home. You will have a chance to share concerns and learn how best to support our young people with a therapeutic approach.



## VENUE

ACTION FOR CHILDREN  
HAWTHORN RISE  
HAVERFORDWEST, SA61 2AX

## TO BOOK CLICK ON LINK:

<https://www.eventbrite.co.uk/e/458618328767>

## FUNDED BY



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**COMMUNITY**  
FUND

# ASD Family Help

21ST MAWRTH, 2023

9.45AM -  
12NOON

# AWTISTIAET H / ADY BEHAVIOUR WORKSHOP

Mae'r gweithdy hwn ar gyfer rhieni/gofalwyr sydd â phlant sydd ar y Sbectwm Awtistig neu ADY ac sy'n cael anawsterau rheoli ymddygiadau / pryderon penodol gartref. Bydd gennych gyfle i rannu pryderon a dysgu sut orau i gefnogi ein pobl ifanc gyda dull therapiwtig.



## LLEOLIAD

GWEITHREDU DROS BLANT  
CYNNYDD Y DDRAENEN WEN  
HWLFFORDD, SA61 2AX

## ARIANNWYD GAN

## I ARCHEBU CLICIWCH AR Y DDOLEN:

<https://www.eventbrite.co.uk/e/458618328767>



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**GYMUNEDOL**  
**COMMUNITY**  
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