

CUES Parenting Support Group

CUES - Coping with Uncertainty in Everyday Situations

What is uncertainty?

Not knowing the outcome of an event

Being unsure

Unpredictability

- Do you have a child who is on the pathway or has a diagnosis of ASC?
- Do you and/or your child find uncertainty really upsetting and stressful?
- Do you need to make lots of lists and ask lots of questions, check, avoid and over protect yourself and your child?
- Would you like to learn some strategies in a supportive environment without judgement or worry?

Please join us at:

The John Wesley School Training room.

Time: 9.00 – 12.00 (9-9:30 chat and settling)

April: 20th 27th

May: 11th 25th

June: 15th 29th

July: 13th 20th



Please contact lizzie.wells@goldwyn.kent.sch.uk for a place

