

# Autism Awareness Coffee Mornings

## Details

### Description

For parents, carers and those with an interest with children with Autism, Speech and Language Delay or Social Communication difficulties. Guest Speaker Khudaija Ismail - Psychological Wellbeing Practitioner to talk about Routines and Self-Care for Parents. The sessions will be run through zoom. If you would like to take part please email [rainbowlinks1@gmail.com](mailto:rainbowlinks1@gmail.com)

### Date

26 February 2021

### Start Time

11:30

### End Time

12:30

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## Costs

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FREE - if you would like to take part please email so that the ZOOM Link can be sent.