



## Living with Autism

Are you a parent or carer of a child who has a diagnosis of autism? Do you feel like you need support?

ParentZone and Anglicare Epping Family Services Team are working together to bring you this FREE 6-week parenting group. Join us to:

- Talk about how autism is impacting on your child and what is going on for you as a parent/carer.
- Learn about different strategies to support your child's behaviours
- Learn how to manage meltdown and their emotions
- Hear from other parents who are dealing with the same issues.

**DATE:** Thursday 31<sup>st</sup> July – 4th September 2025  
(6 weeks)

**TIME:** 10.00am-12.00pm

**WHERE:** Epping Community Services Hub, 713 High St, Epping

**COST:** This session is free of charge but registration is essential

**For Bookings and Enquiries contact:**

ParentZone Northern: (03) 8641 8900 or email:  
[Parentzone.northern@anglicarevic.org.au](mailto:Parentzone.northern@anglicarevic.org.au)

**PARENTZONE**