



AUTISM ABILITIES

Empowering and supporting autistic people to live life well.

FREE PARENT & CARER WORKSHOP

Autism-Specific Positive Behaviour Support (PBS)

Understanding the person behind the behaviour.

DATE
THURSDAY
22 OCTOBER 2026

TIME
10.00 AM - 2.30 PM

LOCATION
**NORTHERN METRO
MELBOURNE**
Venue to be confirmed

FREE TO ATTEND

Who is this workshop for?

Being a parent or carer of an autistic person can be joyful, rewarding, challenging and, at times, overwhelming.

This practical and supportive workshop will explore how autism can influence communication, sensory processing, emotional regulation, learning and participation. It will provide parents and carers with practical ways to better understand behaviour and respond with greater confidence, compassion and curiosity. Many people who attend our workshops also say how helpful it is meeting and connecting with other parents.

This workshop is for parents and carers of autistic people of any age who want to better understand their loved one's unique experience of the world, what behaviour may be communicating, and practical ways to provide meaningful support.

Why attend?

- Build a better understanding of autistic thinking, learning and behaviour.
- Explore what may sit behind behaviours of concern and what the person may be communicating.
- Learn practical, evidence-informed strategies that can be used at home and in everyday environments.
- Focus on strengths, quality of life, regulation, safety and reducing unnecessary restrictive practices.
- Meet and connect with other parents and carers.



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What You Will Learn

Understanding autism

Explore how autistic people may experience, process and respond to the world. Learn about common differences in thinking, learning and behaviour, and how these can influence everyday experiences.

Strengths and barriers

Notice the person, their needs and their strengths, not just behaviour. Understand the barriers they may be facing and supports that can help.

Behaviour as communication

How to understand what behaviour may be communicating - explore the function of behaviours of concern and consider safe, effective replacement behaviours.

Environment matters

Understand the role of sensory, emotional, physical and environmental factors and identify changes that can be made across home, community and other environments to better support the person.

Regulation and escalation

Understand how behaviour can escalate and explore practical strategies that help people stay calm, safe and in control.

Positive Behaviour Support

Understand what PBS is, what good PBS should look like and how it can support quality of life.

Practical. Autism-specific. Neurodiversity affirming.

Leave with a clearer understanding of behaviour and practical strategies you can use in everyday life.

How to register - places are free but registration is required.



Our approach

Autism Abilities is an autistic and neurodiversity affirming organisation. Our approach is not about “fixing” autistic people, encouraging masking or suppressing helpful stimming. We focus on understanding, support, safety and quality of life.



We look forward to welcoming you.