

# knox your city

# Supporting Girls

# on the Spectrum

## Workshop



This informative workshop is for parents, carers and guardians of girls in grades 5 & 6 at primary school and years 7 to 9 at secondary school who are on the Autism Spectrum.

Charlinda Parsons, Occupational Therapist, Spectrum Journey has over 20 years' experience supporting girls on the Autism Spectrum, in early intervention, private practice, in schools and community health services. She will explore practical strategies, ideas and encourage to support girls on the Autism Spectrum.

Topics include:

- Hygiene and self-care
- Puberty
- Executive Function
- Supporting girls with sensory strategies to assist with anxiety

**Date:** Thursday 22 August 2019

**Time:** 7pm - 9pm

**Location:** Knox City Council Civic Centre,  
511 Burwood Hwy, Wantirna South

**Cost:** Free

**Bookings essential at**  
[stickytickets.com.au/88629](https://www.stickytickets.com.au/88629)

**FREE**  
**Workshop**

