

# SOCIAL SAFETY ONLINE WORKSHOP



PRESENTED BY: REBECCA MAWSON



WEDNESDAY  
11<sup>TH</sup> FEBRUARY



10AM – 12:30PM



DAGENHAM &  
REDBRIDGE FC

## WHY ATTEND

- ✓ Led by experienced professionals
- ✓ Safe, welcoming, and judgment-free space
- ✓ Opportunity to connect with other parents
- ✓ Take-home resources and tools

REGISTER YOUR PLACE:

Text 07936851199

Lunch will be provided

Adolescence brings big changes, and for autistic young people these shifts can feel especially intense. This practical, supportive session helps parents understand how hormones, sensory needs, social pressures, and developmental changes can affect behaviour, emotional regulation, and wellbeing.