



Event	Date	Ages	Group	Description
<b>Parent Support Sessions</b>	April 23rd 2026	Adults	Targeted	Dr Tara Kelly, Psychologist and Project Leader of Springboard, Loughlinstown will speak to parents on: "Supportive Strategies for Parents using the SPACE approach"
<b>Transition to School</b>	August 2026	12 Years	Targeted	This 2 session (3 hours per session) group focused on helping the young teens to prepare for the transition to secondary school and some of the changes and worries that might come with this. Provisionally this will be scheduled in August 2026.
<b>Managing Emotions</b>	April / May 2026	7-9 years 10 - 12 Years	Targeted	The aims of this intervention are to: <ul style="list-style-type: none"> <li>• Improve your knowledge about regulation and how to support it</li> <li>• Introduce your child to language and visual systems to identify how they may be feeling, and what might cause dysregulation for them.</li> <li>• Start to explore regulation techniques including cognitive strategies and sensory supports in order to gain skills in starting to help their regulation.</li> </ul>
<b>AAC</b>	April 2026	All	Targeted	We are currently running AAC Training Groups for parents of children who use high-tech AAC devices, as well as for those exploring AAC as a communication option for their child  AAC (Augmentative and Alternative Communication) supports children who may not use spoken words to communicate. These sessions are delivered jointly by Speech and Language Therapists and AAC software providers, offering both practical guidance and hands-on support.
<b>Early Bird</b>	April /May 2026	0-6 Years	Targeted	The six-session programme for parents of children who have had a diagnosis of Autism. It covers: <ul style="list-style-type: none"> <li>• understanding autism</li> <li>• communication</li> <li>• understanding autistic experiences</li> <li>• supporting daily living</li> <li>• health and wellbeing</li> </ul>

