

The Liverpool City Council Autism Training Team

National Autistic Society called Teenlife.

Dates: Fridays – 5th 12th 19th 26th June 3rd and 10th July 2026

Time Am session 9.30am – 12.00pm

Venue Clubmoor Children Centre, Utting Avenue, L11 1DQ

We would like to offer you the opportunity to attend a course from the **National Autistic Society called Teenlife.** (Your child must have an ASD diagnosis) The course will allow you to build your knowledge on autism and meet / share information with other parents.

Teen Life is a six-session programme for parents/carers of autistic young people aged 10 to 16 years. The aim of the Teen Life programme is to bring parents together to share information, experiences and ideas in a structured way. Teen Life emphasises the importance of autistic perspectives, with a variety of videos and quotes used throughout the sessions.

Topics covered include:

- understanding autism in teenagers
- self-esteem and spending time with other people
- stress and anxiety
- understanding your diagnosis
- puberty and independence
- education and planning for the future.

(All 6 sessions need to be attended to complete the course).

If you wish to attend, please contact the team on the email below.

Email: asdtrainingteam@liverpool.gov.uk

If the above dates for the workshop are not suitable, please view the Liverpool Local offer Page / Liverpool ASD training team for future training and workshops.

[Liverpool ASD Training Team | Liverpool Family Information & SEND Directory](#)

We look forward to meeting you.

Yours sincerely

ASD Training Team