



Secondary Age CAT PAC Online – Autumn Term 2025

We would like to invite you to a CAT PAC course, our parent awareness course designed to support parent carers of children with a diagnosis of autism or children who are on the neurodevelopmental pathway for assessment and who are on CAT caseload.

- The course has been designed for parents who want to increase their understanding of autism.
- The sessions will take place online via Microsoft TEAMS. If you secure a place, a TEAM's invite will be sent to you the week before the session commences so you can join the sessions.

AUTUMN TERM 2025

Session1 – What is Autism?	11 th November 2025: 9.30-11.30am
Session 2 – Social communication	18 th November 2025: 9.30-11.30am
Session 3 – Sensory differences	25 th November 2025: 9.30-11.30am
Session 4 – Supporting teenagers with autism	2 nd December 2025: 9.30-11.30am
Session 5 – Emotional well-being / Anxiety	9 th December 2025: 9.30-11.30am
Session 6 – Parent/ carer choice & signposting services	16 th December 2025: 9.30-11.30am

The subject or title of your email needs to state that it is for the:

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In your email please include:

- Your name – Parent carer
- Your Child's name
- Your Child's school (Add your child's CAT worker if known)
- *Due to limited places, the course will be offered to the first families to contact us.*
- *There is an expectation that parents try to attend all sessions if possible.*
- Please email A2EGeneral@birmingham.gov.uk to reserve a place.

You will receive an email response to confirm your place or to tell you that the course is full. Yours sincerely, Lisa Walmsley and Julie Watchorn Brennan.

