Empower-Autism parent group program

An online support program for parents and carers of children recently diagnosed as autistic.

Are you parenting a child recently diagnosed as autistic? Empower-Autism is an evidence-based group program designed to support parents and carers following their child's autism diagnosis.

Empower provides education and practical strategies to support your wellbeing and parenting experience, helping you feel more confident and supported as you navigate your family's journey.

Weekly 90-minute sessions, over 10 weeks

Small group of up to 10 parents and carers

Online

Empower is for parents and carers of children with an autism diagnosis. It is recommended for parents whose child received their diagnosis within the past two years but can benefit families at different stages following diagnosis.

How Empower can support you

Empower brings together practical parenting strategies, wellbeing support and connection with other parents and carers.

You'll explore:

- Psychoeducation about autism and your child's experience
- How to talk to your child about their autism diagnosis
- Regulation strategies for sensory and emotional overload
- Ways to support friendships, communication and understanding social cues
- Strategies for transitions and changes to routine
- Acceptance and Commitment Therapy (ACT) strategies to support your wellbeing
- Share experiences with other parents navigating the post-diagnostic period

Who runs the program?

The Empower program is delivered by trained CliniKids clinicians, who may also bring lived experience of autism or parenting an autistic child themselves.



What does the research say?

Empower-Autism was developed in the UK by researchers at The University of Manchester. It was evaluated in a large clinical trial that showed when compared to usual care, the program significantly improved parents' and carers' mental health. It also improved their autism knowledge, adjustment to the diagnosis and the wellbeing of the parent and family.



CliniKids
Research into Practice

The KIDS RESEARCH INSTITUTE AUSTRALIA

About CliniKids

CliniKids is The Kids Research Institute Australia's first clinical service, providing therapies and supports for young children with autism and developmental delay. The Kids is one of Australia's largest paediatric medical research institutes. At CliniKids, our team of world-class researchers and experienced clinicians work in collaboration to bring research into practice.

Interested?

Scan to register your interest in the next Empower-Autism parent group program.

More info:

Scan to find about more about the extensive research behind Empower, check upcoming program dates and read our FAQs.

Contact:

Phone us on 08 6319 1133 or email clinikids.reception@thekids.org.au and one of our **Client Support Officers** will be able to assist you.

