



Teen Life

Teen Life is a six-session programme for parents/carers of young people aged 10 to 16 years on the autism spectrum.

Developed by the National Autistic Society, the Teen Life programme aims to empower parents and supporting professionals to understand more about how autism is experienced by teenagers.

Topics covered include:

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

If you would like to take part in a course, please email an expression of interest to hannah.kersey@bexley.gov.uk

If you have any questions about the Teen Life course, please email tracy.mcdonald@bexley.gov.uk

Our Teen Life courses are supported by SE London NHS Clinical Commissioning Group BEXLEY and Bexley Council.

