



Managing Emotions

Supporting families to manage anxiety,
distressed behaviours and meltdowns



**Seminar date: Thursday 12th
November 2026**

**Start and finish times: 9.30am
to 2.15pm**

**Venue name: Grand Avenue
Primary School**

**Venue address: Grand
Avenue, Surbiton**

Venue postcode: KT5 9HU

About the Seminar

'Managing Anger' is one of the Autism Seminars for Families which provides information and advice to parents and carers of children and young people with autism. This is a face to face seminar.

The Seminar will help families to:

- > discuss why children with autism often have challenges with distressed behaviour and managing their emotions
- > identify a low arousal approach for support through stressful situations
- > explore the cycle of anger and possible support strategies
- > examine strategies for managing feelings.

Seminar cost?

Families can book a 'Managing Emotions' seminar place for £5 each (cash please), which includes a full resource pack of useful information, advice and support guidelines. This seminar is delivered by a seminar facilitator using materials from The National Autistic Society.

Light refreshments will be provided, but please bring your own lunch.

How to book a place

Please complete the registration form by following this link –

<https://forms.gle/kG5tQmgrJbDvuDZp9>

or contact the seminar facilitator below for more information.

Name: Jane Pidduck

Email: jpiddle2@grandavenue.kingston.sch.uk

Telephone: 020 8399 5344

As places are limited please only book a place if you are able to attend and let me know ASAP if you know that you can no longer attend, so that I can give that place to someone else.