

Teen Life Information Sheet

A course supporting autistic children aged 10 – 16 years

What is Teen Life?

The Teen Life programme aims to empower parents and supporting professionals to understand more about how autism is experienced by autistic teenagers.

What is covered?

The Teen Life programme empowers parents to understand more about autism. Topics Include: understanding autism in teenagers, self-esteem, spending time with other people, stress and anxiety, behaviour, puberty, independence skills, education strategies and planning for the future.

How long is it?

Teen Life is a 6-week course, each session lasts 2.5 hours.

Where is it?

The course will be delivered either face to face, in Southampton and the surrounding areas, or virtually. This will be confirmed at the time of booking.

How often does it run?

We currently have funding to deliver a selection of courses throughout 2026. The number of courses will be decided by the demand for each course.

How many people will be on the course?

There will be a maximum of 10 families on the course.

Does my child need to be under CAMHS or have a diagnosis to attend the course?

A diagnosis is not needed to take part in the course, we want to help parents who need support helping their autistic child/young person, so if you are on the waiting list you can also apply to do the course.

Do I have to live in Southampton to attend the course?

Due to funding constraints, we will be prioritising places for families who live within the Southampton City Council area or within Hampshire County Council.

Do I have to attend all the sessions?

Yes, it is really important that you attend all of the sessions, however, we do understand things come up and try to be as flexible as possible. We have been extremely lucky to get funding to deliver these courses and want to make sure parents/carers get as much out of them as possible.

What do I have to do on the course?

The course is interactive and you will need to share your thoughts and experiences. There will be some large and small group discussions and worksheets. If you need help completing things, please let us know and we can help.

How much is it?

There is no charge for the course, we receive funding to make sure it is free to everyone.

What do I need to bring?

We will supply everything you will need.

What do I need to do to sign up?

Please complete the enquiry form: <https://forms.gle/ZUKN63tSoJMiWgfX9>

What if I change my mind and no longer want to do the course?

That is absolutely fine, but please let us know as soon as possible so we can give your place to someone else.

What are the course dates?

April/May – Thursday AM – Venue to be confirmed
Sept/Oct – Wednesday AM – Venue to be confirmed
Days/times/locations are subject to change.

If you have any questions, please do not hesitate to email courses@reminds.org.uk