

## Autistic well-being: how to understand and support good emotional regulation

Wednesday, 7 February 2024 from  
10.00am to 12.00pm

Autism Hub, Chad Gordon Campus,  
20B Waltheof Gardens,  
Tottenham, N17 7HS

Join the Haringey Language and Autism Support Team for a free session on useful strategies to promote Autistic joy and well-being to support emotional regulation.

- Gain valuable insights from families and practitioners.
- Space to share your own experiences and insight with others.
- Engage in meaningful discussions and learn about effective strategies.
- Connect with a supportive community and find guidance for your unique journey.

If you have any questions, email  
[last@haringey.gov.uk](mailto:last@haringey.gov.uk)



To register, use the QR code below  
or visit: <https://shorturl.at/giNOT>

