



What is Riding the Rapids:

Riding the Rapids is a free course for parents and carers of children who have a diagnosis of Autism, learning disabilities or complex physical disabilities.

The course aims to help parents to understand and manage behaviours they may find challenging.

Research shows that parents and carers who attend Riding the Rapids can:

- Make effective changes to their child's behaviour
- Increase their coping skills and confidence in dealing with behaviour

The course takes place for two hours and runs for ten weeks.

Each weekly session covers a different aspect of understanding and managing behaviour.

There are primary age and teenage courses available .

Teenage Ride The Rapids

Starting 28/02/24

18:00-20:00

Embrace Wigan & Leigh

81 Ribble Road, Platt Bridge, WN2 5EG

For More Information Please Contact

Parentingsupport@wigan.gov.uk

BOOKING ESSENTIAL