



What is Riding the Rapids:

Riding the Rapids is a free course for parents and carers of children who have a diagnosis of Autism, severe learning disabilities or complex physical disabilities. The course aims to help parents to understand and manage challenging behaviour shown by their child.

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 twelve weeks. Each weekly session covers a different aspect of understanding and managing the behaviour of children with Autism or another disability. There are primary age and teenage courses available .

Teenage Ride The Rapids Starting 8/11/23 12.30-14.30

Wigan Central Family Hub

Parentingsupport@wigan.gov.uk