

# BSOL, Branching Minds, RfA



resources for  
**autism**

**FREE  
SESSIONS**

**Refreshments  
Provided**

**We are offering in Birmingham & Solihull face to face and online  
Parent Carers Mental Health & Wellbeing Workshops**

**Please register your interest on the link below  
(one ticket per person) Minimum spaces at each location.**

**Don't miss out**

**Birmingham**  
**Add link to book**

**Dates**

**Tuesday 23<sup>rd</sup> Sept**

**[Click here to book](#)**

**Tuesday 18<sup>th</sup> Nov**

**[Click here to book](#)**

**From 10.30 to 12.30**

**At**

**Newbigin Community House,  
Handsworth, B18 4PT**

**Solihull**  
**Add link in to book**

**Dates**

**Thursday 16<sup>th</sup> October**

**[Click here to book](#)**

**Thursday 4<sup>th</sup> Dec**

**[Click here to book](#)**

**From 10.00 to 12.00**

**At**

**Solihull Methodist Church, Solihull  
B91 1LG**

## **Online sessions for both Birmingham & Solihull**

**Tuesday 7<sup>th</sup> October**

**AM session 10.30 to 12.30 [Click here to book](#)**

**PM session 17.30 to 19.30 [Click here to book](#)**

**Tuesday 25<sup>th</sup> November**

**AM session 10.30 to 12.30 [Click here to book](#)**

**PM session 17.30 to 19.30 [Click here to book](#)**

Contact us via email if you  
require more information.



**kam@resourcesforautism.org.uk**