



Teen Life North East Essex



Practical support helping families navigate autism in adolescence with confidence, connection and evidence-based guidance.

Teen Life looks at understanding autism and promotes supportive approaches for autistic children between the ages of 10 and 16.

Each session focuses on a different topic:

- Understanding autism – including different profiles, key areas of difference and one-page profiles
- Understanding autistic identity – including talking about autistic identity and disclosing this to others, interests and spending time with other people
- Stress and anxiety/understanding behaviour – including meltdowns/shutdowns, masking and supportive approaches
- Health and wellbeing – including self-esteem, health and wellbeing challenges and supporting health and wellbeing
- Puberty – including bullying, online safety, gender identity, friendships and relationships
- Education/transition to adulthood – including school avoidance, supportive school strategies, independence skills and person-centred planning

Who can access this service

Teen Life North East Essex is open to parents and carers of autistic teens (10–16) with a confirmed autism diagnosis living in North East Essex.

Program delivery

Programmes are delivered by local professionals who are licensed users of the programme and consist of 6 sessions (2 and a half hours long) usually delivered one session per week for 6 weeks.

There will be a maximum of 10 families per programme with each family being offered spaces for up to 2 parents/carers plus, if parents choose, a supporting professional.

Each session is a mixture of information, activities, videos and sharing experiences. There is always time to reflect on how the topic relates to the individual child/family.

Our six-week courses start through out the year. Visit our website by scanning the QR code below for more information.



I am so incredibly grateful to have had a chance to attend this course. Before the course I was overwhelmed and emotional, not knowing how I could help support my son and feeling like a failure. Now I feel so much more confident and have so many ideas and strategies to help him. I am incredibly grateful to your team for this!

Previous parent

Teen Life North East Essex



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our website:

