

BELS Advisory Team for Autistic Children and Young People

BACPAC: Barnet Autism Course for Parents And Carers. An Online Parent/Carer Training Course

A comprehensive training and support programme for parents/carers of children **aged 6-19**, with a **diagnosis of Autism**.

This course is available free of charge to **families living in Barnet**.

A 5-session online training course, covering topics including:

- An overview of what it means for your child to be Autistic.
- Communication.
- Sensory needs.
- Understanding emotional regulation/'behaviour'.

This course also gives parents/carers an opportunity to learn together and share experiences online.

Please do not sign up if you have already attended this course, or the Cygnets Course.

There is a further 6-session BACPAC course Tuesdays 10-11.30am starting 2nd June 2026.

**BACPAC: Barnet Autism Course for Parents and Carers.
Summer Term 2026 One, A 5-session evening course.**

Dates and times:

Monday 13th April 6.00-7.30pm

Monday 20th April 6.00-7.30pm

Monday 27th April 6.00-7.30pm

Monday 4th May Bank Holiday, **no session**.

Monday 11th May 6.00-7.30pm

Monday 18th May 6.00-7.30pm

Sign up form here: [BACPAC: Barnet Autism Course for Parents And Carers, April & May 2026. Sign-up form.](#) – [Fill in form](#)

For any enquires please email Autism.Team@barnet.gov.uk with 'BACPAC course' as the subject, thanks.