

BELS Advisory Team for Autistic Children and Young People

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

BELS Advisory Team for Autistic Children & Young People run BACPAC, a 6-week (or 5-week) course, usually twice a term, online.

BACPAC is a comprehensive training and support programme for parents/carers of children **aged 7-19**, with a **diagnosis of Autism**.

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

The online training course covers topics including:

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

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

Morning or evening sessions available.

Further information available on the Barnet Local Offer:

[Barnet Local Offer :: Home / Training and Events](#)

For any enquires or to be added to the BACPAC waiting list and receive the latest BACPAC flyers please email Autism.Team@barnet.gov.uk with 'BACPAC course' as the subject, thanks.