

# Chill Out CP!ll On!

**A session for parents & carers and their children aged 0 - 18 who are on the pathway or diagnosed with Autism.**

Join us for a chill out session to enjoy calming lights and soothing music, giving you and your child a chance to unwind.

Drop in for informal support and advice or just meet other parents and children.

**Children remain the responsibility of parents whilst at the sessions.**

**Tuesday**

**30th January- 20th February- 20th March**

**5.30 - 7.30pm**

**Red Kite Children's Centre**

Refreshments: Light tea provided.

**Telephone 0118 908 8181**

**[www.wokingham.gov.uk/children-and-families/childrens-centres/](http://www.wokingham.gov.uk/children-and-families/childrens-centres/)**

**[facebook.com/wokinghamchildrenscentres](https://www.facebook.com/wokinghamchildrenscentres)**

**ASSIST**

(Autism Spectrum Service for Information,  
Support & Training)  
Highwood Annexe  
Fairwater Drive  
Woodley  
RG5 3RU

**The Red Kite Children's Centre**

Chestnut Crescent, Shinfield  
RG2 9EJ