

CUES Workshop



Leicester
City Council

Coping with Uncertainty in Everyday Situations (CUES) Parent Workshop

Aims:

The overall aim is to reduce the impact of uncertainty-based anxiety on the child's daily life and improve their emotional wellbeing.

- **Understanding intolerance of uncertainty (IU):** how it relates to autistic children.
- **Working with parents:** to identify individually meaningful situations to focus on during the cues workshop.
- **Reducing anxiety related to uncertainty:** Helping children and young people develop a more flexible approach to uncertain or unpredictable situations, reducing anxiety around the unknown.
- **Providing practical strategies for parents:** Equipping parents with tools and techniques to support their child in managing anxiety and coping with uncertainty in everyday life.
- **Fostering collaboration between parents:** Creating a supportive environment where parents can learn from each other, share experiences, and feel more confident in their ability to help their child manage anxiety.

Dates: 5th, 12th, 19th, 26th November &
3rd 10th, 17th December 2025
and 7th January 2026

Times: 9.30am - 11.30am

Location: Woodbridge
Childrens Centre 54a
Woodbridge Rd,
Leicester
LE4 7RG



Scan here to book on or
[click here](#)

All dates must be attended

Cost: the cost of this workshop is free

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