

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

Autism central is here to help!

The Autism Central Peer Education Programme is for parents, carers and Personal Assistants of autistic people of any age. They do not need a diagnosis to access the service.

Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

What we can offer:

- A constantly growing range of information and guidance is available on the Autism Central website: www.autismcentral.org.uk
- Weekly online group sessions—some are 'drop-ins' where parents/carers/PAs can discuss any topics relating to autism. Others are based on common themes such as sensory processing, anxiety and much more. These sessions can be booked on the Autism Central website.
- 1:1 support via a telephone or Teams call. 1:1 support can be requested via the QR code below.

Request for support

