

Autism central is here to help!

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

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 resources is available on the Autism Central website www.autismcentral.org.uk
- Weekly online groups sessions – drop-ins and themed sessions covering a range of topics
- 1:1 support via a telephone or Teams call. This can be requested via the QR code below

www.autismcentral.org.uk

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