

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.

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

- We are here to listen, offer guidance and tell you about services that are available in your local area
- Navigate you to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

Request for support

