



**Autism
Central**



**DAISY
CHAIN**
Autism & Neurodiversity

Parent Carer Support Coffee Mornings Leeds Library

Our parent coffee morning sessions are for parents and carers of children who display traits associated with, or have a diagnosis of, a neurodevelopmental condition including: autism, sensory processing, attention deficit hyperactivity disorder (ADHD), or Foetal alcohol spectrum disorder (FASD). A diagnosis is not needed.

These free drop-in sessions will provide a safe space for parents and carers to meet others in a similar situation and provide the opportunity for peer support, enabling parents to support each other, share experiences and ideas. These groups are facilitated by a member of the Autism Central team. The aim is to provide a supportive and empowering environment for our parents and carers.

Autism Central is a free programme commissioned by the NHS which provides high quality and accessible autism information, education and coaching for families and carers.

Daisy Chain is the charity delivering this service in the North East and Yorkshire.

As well as group and individual coaching and support, we provide regular online and in-person learning opportunities and support sessions covering a variety of topics relating to autism.

Upcoming Sessions:

Wednesday 11th September 10.30am-12.30pm

Wednesday 9th October 10.30am-12.30pm

Thursday 14th November 10.30am-12.30pm

Thursday 12th December 10.30am-12.30pm

**Leeds Central Library, 3rd Floor, Sanderson Room, Municipal
Buildings, Calverley Street, Leeds, LS13AB**

<https://daisychainproject.co.uk/ac-coffee-mornings-leeds/>



