Parent Carer Peer Support Coffee Mornings - Gilesgate

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 covering a variety of topics relating to autism.

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.

5th September 10am-12pm

3rd October 10am-12pm

7th November 10am-12pm

5th December 10am-12pm

Durham Family Hub, The Woodlands, Gilesgate, Durham, County Durham, DH1 2EY

These online sessions are **free** and open to families living in the North East and Yorkshire NHS region.
Book online:
https://daisychainproject.co.uk/ac-coffee-mornings-durham/