



**Autism
Central**
For parents and carers

Learn more about autism

Autism Central is delivered by parents and carers, for parents and carers, to help you learn more about autism and the services available.



What can I access?

- **Resources:** find information from partners and other trusted sources.
- **Find help:** one-to-one sessions with information and services available in your area from your regional hub.
- **Events:** talk to people who share similar experiences.
- **Online learning:** sign up to access further learning resources.

www.autismcentral.org.uk/hubs/south-east-delivered-aspens

