

## Support for autistic children and young people, and their parents/carers

If you are interested in taking part, please email us for more information: [autism@reading.ac.uk](mailto:autism@reading.ac.uk)

### NeuroBears: Online Programme for Autistic Children



- Seven online sessions (30-60 minutes)
- Child and parent/carer find out more about autism together
- For children aged 8-14 years
- NeuroBears is created by autistic people, for autistic people
- Topics covered include autism myths, neurodiversity, sensory experience, autistic communication, autistic meltdowns, autistic identity
- Cost: free

### Parent/Carer Support Groups

- A support programme for parent/carers of autistic children (or children who are waiting for an autism assessment) aged 5-16 years.
- A space to explore what autistic children, young people and adults tell us about their lives
- Supporting parent wellbeing and offering a safe space to explore what your child's diagnosis means to you
- Six week, in-person programme at the University of Reading (Whiteknights Campus)
- Sessions are two hours long
- Cost: £60

### Informal Monthly Parent/Carer Meet Ups

- Monthly meet-ups for parent/carers of autistic children who are looking for a space to connect, share experiences and gain insights
- Each session begins with a talk from the team on an autism-related topic, followed by informal discussions where attendees can exchange knowledge and expertise
- Cost: £10

#### What is the Centre for Autism Wellbeing Hub?

We are based at the University of Reading, and we are a small team of people working to set up different activities and support to help autistic young people and families thrive and live their best lives.

It is essential that autistic voices are at the heart of everything we do, and we are developing new ideas jointly with autistic individuals, based on the things that autistic people tell us they would find helpful.

If you would like to be added to our mailing list please email us at: [autism@reading.ac.uk](mailto:autism@reading.ac.uk)

<https://research.reading.ac.uk/autism/support-and-training/wellbeing-hub-2>

