

Online Parents Drop-In

Meet new people & learn about support & services available to you



For parents and carers of ADHD/autistic children and young people

Our online drop-in support groups are a wonderful opportunity to talk to our family support team, who are here to offer guidance and support. Connect with other parents to share stories, offer advice, and build a supportive community. You are welcome whether your child is formally diagnosed, on the pathway, or if you suspect your child might need an assessment and want to know the next steps.

Mondays, 10.30 am – 12.00 pm

Wednesdays 7.00 pm – 8.30 pm



Contact enquiries@adhdandautism.org or scan the QR code to register