



Peer Support for Parents, Carers, Relatives or Friends of Autistic People & Children Group

 **Where:** 132 Heffernan
House, Widemarsh Street
HR4 9HN

*"Just nice to
be around
others who get
it"*

*"I feel like this is a
safe place to chat
without judgement"*



When: 6-8pm, 25th July, 1st
August, 8th August, 15th
August, 22nd August, 29th
August

A chance to come chat to guest speakers about a range of topics; SEND support in schools, a males perspective, autism and parenting, autism and mental health.

It will be a space to chat to others who are supporting autistic individuals to share experiences, knowledge and tips without judgement. The guest speakers are autistic and one of the facilitators is autistic.

Booking essential. To book please email:
peersupport@herefordshire-mind.org.uk