



Autism
Central



Autism Central

England's peer
education
programme



Autism Central is a free service for families and support networks of autistic people of all ages. We offer families education, coaching, and connection through resources, one-to-one peer support, and community events.

Group learning

Join us online for free events including drop-ins, education family guide sessions and reflective sessions.

One-to-one coaching

Book confidential, personalised, free coaching from trained peer guides with lived or family experience. Practical guidance and signposting.

"Connecting to someone who gets it."

"Being able to talk freely with ease."

"It was amazingly helpful."



Delivered by
Anna Freud

autismcentral.org.uk