



National
Autistic
Society

Surrey
Branch

ARE YOU A PARENT OR CARER OF AN AUTISTIC CHILD?

You're not alone—and you don't have to figure everything out by yourself. Whether your child has a diagnosis or you're still exploring things—you are very welcome to join our **small, welcoming, parent-led support group in Guildford** where you can connect with others who truly understand what day-to-day life can be like.

What is the group like?

Our meet-ups are **informal and relaxed**—there's no pressure to talk, share, or attend regularly. You can:

- Chat with other parents who “get it”
- Share experiences, challenges, or small wins
- Ask questions or swap practical information
- Or simply sit, listen, and have a cup of tea

Many parents tell us it's a relief just to be in a room where they don't have to explain everything.

We run groups for families of:

- Autistic children (of all ages)
- Autistic girls
- Children with Pathological Demand Avoidance
- Autistic adults
- Partners and spouses

We also offer:

- Talks and workshops
- Family activities (including siblings)
- An online forum for ongoing support
- Signposting to local services

Our Guildford group meets regularly in a relaxed, supportive setting. To find out more or join us contact: **Sarah Roberts** (parent volunteer) sarah.roberts@nas-volunteers.org.uk

We know it can feel daunting to come along for the first time.
Feel free to get in touch beforehand, to ask questions or just have a chat.