



**Autism
Central**
For parents and carers



Durham Learning Workshops

Tudhoe Family Hub:

10am-12pm

Friday 10th January - Understanding Autism

Friday 14th February - Understanding Sensory Differences

Ferryhill Family Hub:

Friday 14th March - ARFID

Friday 11th April - Understanding Autistic Overwhelm, Meltdown & Shutdown

“A wonderful opportunity to connect with other parents going through similar experiences”



www.autismcentral.org.uk/NEandY

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Autism & Neurodiversity