



County Durham and Darlington



The National
Autistic Society

Autism Support Groups

When your child is diagnosed with autism (including Asperger syndrome) it can be a very uncertain time. A lot of parents are given a diagnosis without any guidance on what to do next, and knowing little or nothing about autism. You might be feeling confused, frightened or overwhelmed. You may feel isolated and alone because you don't know anyone else facing the same problems. You may want contact with another family who've been through a similar experience.

The National Autistic Society, funded by NHS County Durham, has set up two Autism Support Groups which are held monthly in Darlington (Education Village) and Durham (United Reformed Church Waddington Street). As well as the monthly support groups there are four seminars on topics such as Understanding Autism, Sensory Issues, and Understanding Behaviour in Autism.

Although the groups and seminars will most benefit those who have recently received a diagnosis, any parent, carer or individual who has autism are welcome to attend.

Durham

United Reformed Church,
Waddington Street,
Durham,
DH1 4BG

Darlington

Education Village,
Salters Lane South,
Darlington,
DL1 2AN

For further information contact Pam Lawson, National Autistic Society,
telephone: 07785705180 or
email: pamela.lawson@nas.org.uk

Autism Support Group

Durham: United Reformed Church, Waddington Street,
Durham, DH1 4BG

Dates: 2011 - 2012

Arrive & leave anytime between 10am – 12 noon

Tuesday 12 th July	10 – 12
Tuesday 9 th August	10 – 12
Tuesday 13 th September	10 – 12
Tuesday 11 th October	10 – 12
Tuesday 8 th November	10 – 12
Tuesday 13 th December	10 – 12
Tuesday 10 th January	10 – 12
Tuesday 7 th February	10 – 12
Tuesday 13 th March	10 – 12
Tuesday 17 th April	10 – 12
Tuesday 15 th May	10 – 12
Tuesday 12 th June	10 – 12

Seminars – book in advance

Tuesday 27 th September	10 – 12
Tuesday 29 th November	10 – 12
Tuesday 24 th January	10 – 12
Tuesday 27 th March	10 – 12

Autism Support Group

Darlington: Education Village, Salters Lane South,
Darlington, DL1 2AN

Dates: 2011 - 2012

Arrive & leave anytime between 1pm – 3pm

Thursday 14 th July	1pm -3pm
Thursday 11 th August	1pm -3pm
Thursday 15 th September	1pm -3pm
Thursday 13 th October	1pm -3pm
Thursday 10 th November	1pm -3pm
Thursday 15 th December	1pm -3pm
Thursday 12 th January	1pm -3pm
Thursday 9 th February	1pm -3pm
Thursday 15 th March	1pm -3pm
Thursday 19 th April	1pm -3pm
Thursday 17 th May	1pm -3pm
Thursday 14 th June	1pm -3pm

Seminars- book in advance

Thursday 29 th September	1pm -3pm
Thursday 1 st December	1pm -3pm
Thursday 26 th January	1pm -3pm
Thursday 29 th March	1pm -3pm