

An invitation to parents of autistic and AuDHD teens*

WayMakers

*no diagnosis required, young people age 14 - 22

Don't go it alone: why not join our next Parent Support Circle?

"This felt so much more relevant than anything you can read in a book. I feel like no amount of reading would have helped to the extent that the sessions did."

"Sian and Louise were brilliant. They were kind, funny and direct when they needed to be. They had an amazing amount of useful insights and ideas for dealing with all sorts of situations and lots of ideas for resources and information to tap into."

"The group offered a useful sounding board for whenever things were challenging at home."

Sign up here:

<https://tinyurl.com/yr8maa5k>

WayMakers are champions and catalysts for neuroinclusion. We work with organisations, groups and neurodivergent individuals to create the futures and mindsets they want. We are co-designers of RISE: youth-led neurodiversity training for professionals.

Website: waymakers.co.uk

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Strengths-based • Person-centred • Solution-focused • Neuro-affirming • Trauma-informed

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Parent Support Circle: Invitations to join our 3rd round

Spanning several months, these sessions offer time for you: a space for structured discussion, informal conversation, and supportive connection within a small group, facilitated by two practitioners with lived experience.

1

A safe space to share and explore a range of experiences.

Access to the solidarity and reassurance amongst others who 'get it'.

2

3

Context to the 'how' and 'why' of aspects of neurodivergent processing.

Peer-to-peer learning: Support in education? EHCPs? Sensory strategies? You'll all have something to contribute.

4

"The facilitators have been so helpful in so many ways: putting us in touch with parents in a similar position, giving me confidence that I'm not going mad, and sense-checking my approach to parenting."

"I have felt supported and this is the only place where situations are understood and validated, and specialist advice can be given. I have learned how to communicate with my daughter better and my own emotional regulation has improved."

Key details:

Day: Monday evenings, start date TBC in March 2026

Time: 6.15 - 8.15pm

Where: Barnstaple Youth House (TBC)

Led by: Sian and Louise, practitioners with lived experience as parents.

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