

# **Parent/Carer of Autistic Teens**

## **Monthly support group**

**Zoom Online drop-in 7-8.30pm**

**A safe online space moderated by two GMAC facilitators  
where parents can ask questions, pass on tips,  
listen and share their parenting experiences.**

**This is a parents only session**

**10 June**

**10 July**

**22 September**

**7 October**

**12 November**

**Book your free place now,**

**[click here](#) or email [gmac@nas.org.uk](mailto:gmac@nas.org.uk)**

**Or email: [abigail.gibson@nas.org.uk](mailto:abigail.gibson@nas.org.uk)**

### **Information and support**

**Get free resources and advice on a wide  
range of issues affecting autistic people  
and their families.**

**Visit:**

**[www.autismgm.org.uk](http://www.autismgm.org.uk)**

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