



Autism
Central



Autism Central online group learning timetable

May 2026



Delivered by
Anna Freud

Session guidance

How to register and join online Autism Central sessions - England's Peer Education Programme | Autism Central

1. Go to the [Autism Central events page](#) or use this monthly learning timetable to find a session/sessions you would like to attend.

2. Navigate the webpage to find a session or sessions you would like to attend, you can use filters to filter by different session types.

Alternatively, you can use this learning timetable to go to the webpage of a session by clicking "link".

3. Once you find a session to attend, click "book now".

4. You'll be prompted to provide your details and create an account (optional).

5. A member of our team will send you a Zoom registration link on the day of the session.

Please note – once registered via the Zoom registration link you will receive from a member of our team, you will receive an automated email from Zoom containing the actual link to follow to join the Zoom meeting.

For any help on joining or enquires, please email: neurodiversity@annafreud.org

In Conversation and Masterclass Sessions

Masterclass series: Supporting autistic people with profound and multiple learning disabilities (PMLD) with Dr Jo Grace

Date	Time	Session title	Booking link
Monday, 11 May	10:30-11:30	Session one - The value of sensory engagement	Link to book all sessions
Monday, 11 May	10:30-11:30	Session two - Choosing sensory experiences	Link to book all sessions

Masterclass series: Supporting Autistic/AuDHD Students in School with Pete Wharmby (Re-run)

Date	Time	Session title	Booking link
Friday, 1 May	16:00-17:30	Session four - Understanding monotropism	Link to book all sessions
Friday, 8 May	16:00-17:30	Session five - School induced emotional burden	Link to book all sessions
Friday, 18 May	16:00-17:30	Session six - Understanding ADHD and AuDHD	Link to book all sessions

In Conversation and Masterclass Sessions

In conversation			
Date	Time	Session title	Booking link
Friday, 8 May	12:00-13:00	Interests as an opportunity for autistic joy with Dr Amy Pearson	Link
Friday, 22 May	12:00-13:00	Friendships and relationships in autistic young people with Dr Felicity Sedgewick	Link
Friday, 5 June	12:00-13:00	What a "good life" might look like for autistic people with a learning disability with Stephen Unwin	Link
Friday, 26 June	12:00-13:00	Beyond behaviour... respecting your child's monotropic flow with Alexis Quinn	Link
Friday, 26 June	12:00-13:00	Autistic people's experiences of emergency departments: what families need to know with Ben Potts	Link
Friday, 17 July	12:00-13:00	Understanding autistic young people's experiences of mainstream primary schools with Jo Billington	Link

Reflective Sessions

Emotion regulation and relationships			
Date	Time	Session title	Booking link
Tuesday, 5 May	10:30-11:30	Supporting emotional regulation in everyday life	Link
Tuesday, 5 May	13:30-14:30	Supporting emotional regulation in everyday life	Link
Tuesday, 5 May	16:00-17:00	Supporting emotional regulation in everyday life	Link
Tuesday, 5 May	20:00-21:00	Supporting emotional regulation in everyday life	Link
Tuesday, 12 May	13:30-14:30	The role of predictability and routines in reducing stress	Link
Tuesday, 12 May	16:00-17:00	The role of predictability and routines in reducing stress	Link
Tuesday, 12 May	20:00-21:00	The role of predictability and routines in reducing stress	Link
Wednesday, 13 May	17:30-18:30	Helping children name and navigate feelings	Link
Tuesday, 19 May	10:30-11:30	Helping children name and navigate feelings	Link
Tuesday, 19 May	13:30-14:30	Helping children name and navigate feelings	Link
Tuesday, 26 May	13:30-14:30	Helping children name and navigate feelings	Link
Tuesday, 26 May	16:00-17:00	Helping children name and navigate feelings	Link

Reflective Sessions

Series: Parenting and family dynamics

Date	Time	Session title	Booking link
Thursday, 7 May	10:30-11:30	Parenting Under Pressure: Recognising Burnout Early	Link
Thursday, 7 May	13:30-14:30	Parenting Under Pressure: Recognising Burnout Early	Link
Thursday, 7 May	16:00-17:00	Parenting Under Pressure: Recognising Burnout Early	Link
Thursday, 14 May	10:30-11:30	Siblings: Supporting Relationships & Managing Rivalry	Link
Thursday, 14 May	13:30-14:30	Siblings: Supporting Relationships & Managing Rivalry	Link
Thursday, 14 May	16:00-17:00	Siblings: Supporting Relationships & Managing Rivalry	Link
Thursday, 21 May	13:30-14:30	Siblings: Supporting Relationships & Managing Rivalry	Link
Thursday, 28 May	10:30-11:30	Family Resilience: Building Strengths Together	Link
Thursday, 28 May	13:30-14:30	Family Resilience: Building Strengths Together	Link
Thursday, 28 May	16:00-17:00	Family Resilience: Building Strengths Together	Link

Reflective Sessions

Series: Mental health and wellbeing

Date	Time	Session title	Booking link
Thursday, 7 May	10:30-11:30	Spotting Early Signs of Mental Health Struggles	Link
Thursday, 7 May	12:00-13:00	Spotting Early Signs of Mental Health Struggles	Link
Thursday, 14 May	10:30-11:30	Self-Harm & Suicidal Thoughts: What Parents Need to Know	Link
Thursday, 14 May	12:00-13:00	Self-Harm & Suicidal Thoughts: What Parents Need to Know	Link
Thursday, 21 May	10:30-11:30	Sleep & Its Impact on Mood and Behaviour	Link
Thursday, 21 May	12:00-13:00	Sleep & Its Impact on Mood and Behaviour	Link
Thursday, 28 May	10:30-11:30	Preventing escalations at home: practical strategies	Link
Thursday, 28 May	12:00-13:00	Preventing escalations at home: practical strategies	Link

Series: Supporting LGBTQIA+ autistic family members to live healthy, happy lives

Date	Time	Session title	Booking link
Monday, 10 May	10:00-11:00	Relationships and chosen family	Link
Monday, 10 May	13:30-14:30	Relationships and chosen family	Link

Reflective Sessions

Series: Play in childhood: Neurodivergent-affirming play & how to support it

Date	Time	Session title	Booking link
Tuesday, 5 May	12:00-13:00	Rethinking play through a neurodivergent lens	Link
Tuesday, 5 May	17:30-18:30	Rethinking play through a neurodivergent lens	Link
Tuesday, 12 May	12:00-13:00	Why play matters for regulation and connection	Link
Tuesday, 12 May	17:30-18:30	Why play matters for regulation and connection	Link
Wednesday, 13 May	12:00-13:00	Why play matters for regulation and connection	Link
Tuesday, 19 May	12:00-13:00	Following your child's lead	Link
Thursday, 21 May	10:30-11:30	Following your child's lead	Link
Thursday, 21 May	12:00-13:00	Following your child's lead	Link
Tuesday, 26 May	12:00-13:00	Following your child's lead	Link
Tuesday, 26 May	17:30-18:30	Following your child's lead	Link

Reflective Sessions

Series: School, learning and community

Date	Time	Session title	Booking link
Wednesday, 6 May	12:00-13:00	Navigating the education system: Advocacy skills for parents	Link
Wednesday, 6 May	13:30-14:30	Navigating the education system: Advocacy skills for parents	Link
Wednesday, 13 May	12:00-13:00	Reducing School-Related Anxiety	Link
Wednesday, 13 May	16:00-17:00	Reducing School-Related Anxiety	Link
Wednesday, 20 May	12:00-13:00	Homework, Motivation & Executive Functioning	Link
Wednesday, 20 May	13:30-14:30	Homework, Motivation & Executive Functioning	Link
Wednesday, 27 May	12:00-13:00	Building Bridges Between Home and School	Link
Wednesday, 27 May	13:30-14:30	Building Bridges Between Home and School	Link
Wednesday, 27 May	16:00-17:00	Building Bridges Between Home and School	Link

Reflective Sessions

Foundations of understanding			
Date	Time	Session title	Booking link
Wednesday, 6 May	10:30-11:30	Understanding autism beyond stereotypes	Link
Wednesday, 6 May	20:00-21:00	Understanding autism beyond stereotypes	Link
Tuesday, 12 May	10:30-11:30	ADHD Across the Lifespan: Myths & Realities	Link
Wednesday, 13 May	10:30-11:30	ADHD Across the Lifespan: Myths & Realities	Link
Wednesday, 13 May	13:30-14:30	ADHD Across the Lifespan: Myths & Realities	Link
Wednesday, 13 May	20:00-21:00	ADHD Across the Lifespan: Myths & Realities	Link
Thursday, 14 May	13:30-14:30	Learning disability and strengths-based perspectives	Link
Wednesday, 20 May	10:30-11:30	Learning disability and strengths-based perspectives	Link
Wednesday, 20 May	20:00-21:00	Learning disability and strengths-based perspectives	Link
Wednesday, 27 May	10:30-11:30	Co-occurring Conditions: Anxiety, Depression, and More	Link
Wednesday, 27 May	12:00-13:00	Co-occurring Conditions: Anxiety, Depression, and More	Link
Wednesday, 27 May	20:00-21:00	Co-occurring Conditions: Anxiety, Depression, and More	Link

Educational Family Guide Sessions

Series: Self-harm, suicidality, and acute crisis

Date	Time	Session title	Booking link
Tuesday, 5 May	12:00-13:00	Spotting warning signs in young people	Link
Tuesday, 5 May	20:00-21:00	Spotting warning signs in young people	Link
Tuesday, 12 May	10:30-11:30	Immediate support and safety strategies	Link
Tuesday, 12 May	20:00-21:00	Immediate support and safety strategies	Link
Tuesday, 26 May	10:30-11:30	Accessing professional and peer support	Link
Tuesday, 26 May	20:00-21:00	Accessing professional and peer support	Link

Series: Burnout and Family Mental Health

Date	Time	Session title	Booking link
Wednesday, 6 May	10:30-11:30	Recognising autistic/ADHD burnout	Link
Wednesday, 6 May	17:30-18:30	Recognising autistic/ADHD burnout	Link
Wednesday, 13 May	10:30-11:30	Family-level stress and compassion fatigue	Link
Wednesday, 13 May	17:30-18:30	Family-level stress and compassion fatigue	Link
Wednesday, 27 May	10:30-11:30	Coping strategies for carers and siblings	Link
Wednesday, 27 May	17:30-18:30	Coping strategies for carers and siblings	Link

Educational Family Guide Sessions

Series: AuDHD Experiences: What Works			
Date	Time	Session title	Booking link
Thursday, 7 May	12:00-13:00	Navigating executive functioning and sensory needs	Link
Thursday, 7 May	17:30-18:30	Navigating executive functioning and sensory needs	Link
Thursday, 14 May	12:00-13:00	Emotional regulation and rejection sensitivity	Link
Thursday, 14 May	17:30-18:30	Emotional regulation and rejection sensitivity	Link
Thursday, 28 May	12:00-13:00	School, work, and social life with AuDHD	Link
Thursday, 28 May	17:30-18:30	School, work, and social life with AuDHD	Link

Virtual Meet-up

Grandparents' virtual meet-up - Autism & family life

Date	Time	Session type	Booking link
Thursday, 7 May	20:00-21:00	Virtual meet-up for families considering/waiting for assessment	Link
Thursday, 14 May	20:00-21:00	Virtual meet-up for families considering/waiting for assessment	Link
Thursday, 28 May	20:00-21:00	Virtual meet-up: You've received an autism diagnosis in the family - now what?	Link



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For more information visit
www.autismcentral.nhs.uk



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