

Family Support

The challenge for many parents post diagnosis is often finding out what relevant services there are locally, what resources have been useful to other parents, who the local professionals are and what they do and how to access further information or services. That's why many parents contact Autism NI (PAPA) and that's why they also ask about local groups they can join. In Autism NI (PAPA) we have a number of different types of groups for parent support. To find out more about your nearest group see the section on [Branches](#).

Autism NI provides a range of family support training.

- [ACCESS parent discussion workshops](#)
- [Grandparent workshops](#)
- [Autism & You –Extended Family](#)
- [Sibling Workshops](#)
- [Fathers workshops](#)

Quotes from participants

“Thank you PAPA for the change you gave me in doing this course”

“The whole course gave me hope for the future of my child”

“Sharing knowledge and listening made me feel more in control of my own personal situation”

“I was afraid when I found out my grandson had Autism. Now I know more I feel more able and confident in offering my daughter help”

“Talking to other dads made me realise I’m not on my own. I felt I had to be strong when we found out our daughter has Asperger Syndrome. Now I understand more I can be more supportive to my wife and be more involved”

To find out more about what training is available in your area check out our [training section](#) or contact the Autism NI Training Department on 028 9040 1729

Autism N.I. Training Section have developed a range of Family Support Training to meet the identified needs of families with a diagnosis of ASD. This specialist training is delivered in a range of areas throughout Northern Ireland.