

# Professionals services

## Training for Professionals

We offer regular training sessions designed to increase awareness and understanding of ADHD & autism. Our training includes general awareness, specialized topics, and tailored content for specific services. These sessions are delivered by experts in their fields along with lived experience speakers, ensuring neurodivergent voices are heard. Contact [emma@adhdandautism.org](mailto:emma@adhdandautism.org) for more info.

## Autism Connect

An online monthly forum that allows professionals who work with the autistic adult community to connect, network & share knowledge.

## Autism in Context

Regular online training sessions covering specific topics relevant in supporting neurodiverse individuals. Contact [adults@adhdandautism.org](mailto:adults@adhdandautism.org)

Find us  
@ADHDandAutism



The Centre for ADHD & Autism Support (CAAS), founded in 1996, supports, educates and empowers ADHD/Autistic individuals, their families, and the community.

Led and run by qualified staff with personal experience, and through talking and listening to ADHD/Autistic people, CAAS understands the issues facing service users and delivers effective support.

We provide information, training, support groups and practical help to residents of Northwest London.

We also offer specialised professional training, parenting courses, and workshops.



Charity Registration No. 1193799



Centre for ADHD  
& Autism Support

# Services Brochure 2026

<https://adhdandautism.org/>

2nd Floor, Television House  
269 Field End Road  
Eastcote  
HA4 9XA

# Adult services

## Support Groups

Our monthly Drop-In Support Group is a great introduction to our services where you can meet the Adult Support Team and find out about the support, we can provide for you.

Our groups include those specifically for ADHD adults.

## Social Groups

We have many social groups where you can share your interests and meet new people, such as our Therapeutic Social Group, Women's Group, Gamers' Group, Creative Writing Group, and Book Group.

## One-To-One Sessions

A service designed to offer support with practical issues such as filling in forms, creating a CV or making phone calls to statutory organisations.

Contact [adults@adhdandautism.org](mailto:adults@adhdandautism.org)

# Family services

## Drop-In Coffee

These support sessions are a great introduction to our services, where you can meet the Family Support Team and find out about the help we can provide, as well as connect with other parents/carers in a similar situation.

## Courses

We have a range of specialist parenting courses such as Understanding Autism and Living with ADHD & Autism. Come and learn ways to better support your ADHD/Autistic child in a supportive environment.

## One to One Support

We can offer support for a range of issues such as behaviour, sleep, schools and understanding the diagnosis.

## Groups

We offer some support working directly with children, such as in our siblings group and our creative group.

Contact [enquiries@adhdandautism.org](mailto:enquiries@adhdandautism.org)

# Youth services

## Social Groups

We offer a range of social groups for young people aged 11-24, including Girls Group, Film Club and more. Do something you love in a safe and comfortable environment with other ADHD/Autistic young people.

## Courses

We have many programmes designed to help young people explore their differences and learn to see the positives in their diagnosis.

## Transition Support

Thinking about Adulthood is a monthly online forum for young autistic people to explore what it means to become an adult in a safe environment.

## One to One Support

Bespoke support to help young neurodiverse people build their resilience and learn mental health coping strategies.

Contact [enquiries@adhdandautism.org](mailto:enquiries@adhdandautism.org)