

Professional Support



Community Outreach

Our mission is to raise understanding and awareness in our local community, to improve access to – and experience of – local services. If you are responsible for, or have a key role in North-West London working with, ADHD/autistic children and young people, we would love to talk to you about good practice in your area or provide outreach support to your service users.

Training

We offer professional training at a competitive rate for statutory, voluntary and commercial organisations. Increase understanding and improve your service provision.

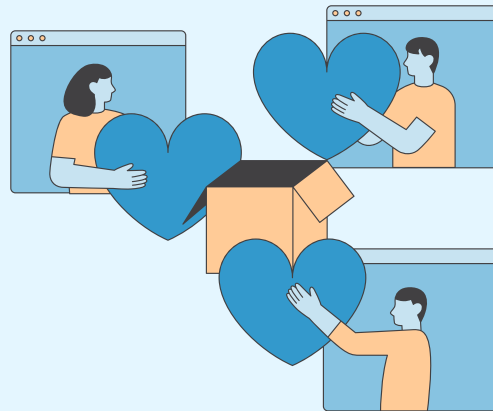
Find us

@ADHDandAutism



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

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 support that makes a difference.



**Centre for ADHD
& Autism Support**

Family Services Brochure 2026

<https://adhdandautism.org/>

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

Charity Registration No. 1193799

Support

Groups for Children

CAAS offers tailored groups for children. Let your ADHD/autistic child express themselves and make friends at **Creative Club**, and support and educate their siblings in our **Siblings Group**.



Workshops

Our **Specialist Workshops** give parents the opportunity to explore different aspects of ADHD & autism, and our **Sleep Workshop** provides a greater understanding of how to support children with sleep issues. We also hold regular online **DLA** workshops for Disability Living Allowance access.

Individual Support

Our **One-to-One appointments** offer support to parents/carers neurodivergent young people in Harrow and Hillingdon.

Service Aims

Our Aims

Our family support work aims to give parents the skills and understanding they need to support their child at home and in school, and our **drop-in support sessions** are the bedrock of everything we do at CAAS. Parents and carers build relationships with others who understand their journey, and our skilled support workers are able to provide advice and guidance, offering parenting and behaviour strategies and signposting to other avenues of support. Some sessions are even themed!

All are welcome, pre- or post- diagnosis.



Email us at
enquiries@adhdandautism.org

Our Courses



ADHD&Autism Parenting Boost

A supportive 6-week course designed to help parents learn strategies for building self-esteem and effective communication, problems with labelling, setting limits and boundaries, and anger management.

Understanding Autism/ Understanding ADHD

These two six-week courses focus on increasing parents' understanding of their ADHD/Autistic child/teenager and looking at how best to support them, as well as providing in-depth information.

Calm Countdown

A four-session program designed to give effective and well-researched ways to better support children with ADHD to manage their behaviour.