



National  
Autistic  
Society  
Scotland

Glasgow  
Branch

## The Importance of **PARENT SUPPORT GROUP** **GLASGOW**

*You don't have to do this alone. Join us.*



✉ Contact us to join or learn more:  
email: [NASGlasgowBranch@nas.org.uk](mailto:NASGlasgowBranch@nas.org.uk)  
*all enquiries are confidential.*

## WHY JOIN THE PARENT SUPPORT GROUP?

Parenting an autistic child can bring unique joys and challenges.

Our group offers:

- Emotional support from people who understand
- A safe space to share experiences
- Practical advice and shared strategies
- Guest speakers and helpful resources
- A confidential, friendly, non-judgmental environment

## WHY PARENT SUPPORT MATTERS



- You are not alone — connect with others who understand.
- Sharing reduces isolation and builds confidence.
- Gain practical tips from lived experience.
- Build long-term support and friendships.

## ABOUT THE GROUP

- Who can attend?

Parents, guardians, and carers of autistic children and young people (all ages welcome).

- Where?

Whiteinch Community Centre  
1 Northinch Court, Glasgow G14 0UG

- When?

First Monday of every month, starting 7th July 2025

- Time: 19:30– 20:30

- Cost:

Free to attend

## TAKE CARE OF YOUR MENTAL HEALTH



**SOMETIMES JUST SITTING WITH SOMEONE WHO  
UNDERSTANDS MAKES ALL THE DIFFERENCE.**