



Autism
Central



Autism Central online group learning timetable

February 2026



Delivered by
Anna Freud

Session guidance

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

How to Register

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: autism@annafreud.org

Reflective Sessions

Parents of Autistic Adults / Adults with Learning Disabilities

Date	Time	Session title	Booking link
Tuesday, 3 February	12:00-13:00	Changing Roles or Resistance Change?	Link
Tuesday, 3 February	20:00-21:00	Changing Roles or Resistance Change?	Link
Wednesday, 11 February	10:30-11:30	Looking Forward: Hope, Meaning, and Trust	Link
Wednesday, 11 February	17:30-18:30	Looking Forward: Hope, Meaning, and Trust	Link

Parental wellbeing & taking care of yourself

Date	Time	Session title	Booking link
Wednesday, 4 February	10:30-11:30	Why parental wellbeing matters	Link
Wednesday, 4 February	17:30-18:30	Why parental wellbeing matters	Link
Thursday, 5 February	10:30-11:30	Why parental wellbeing matters	Link
Thursday, 5 February	17:30-18:30	Why parental wellbeing matters	Link
Thursday, 12 February	10:30-11:30	Recognising Burnout, Grief, and Fatigue	Link
Thursday, 12 February	12:00-13:00	Recognising Burnout, Grief, and Fatigue	Link
Wednesday, 18 February	17:30-18:30	Recognising Burnout, Grief, and Fatigue	Link
Thursday, 19 February	10:30-11:30	Recognising Burnout, Grief, and Fatigue	Link
Wednesday, 18 February	20:00-21:00	Letting Go of Perfection and External Judgement	Link
Thursday, 19 February	12:00-13:00	Letting Go of Perfection and External Judgement	Link
Thursday, 19 February	20:00-21:00	Letting Go of Perfection and External Judgement	Link
Thursday, 26 February	13:30-14:30	Letting Go of Perfection and External Judgement	Link

Reflective Sessions

Accepting diagnosis and reimagining the future

Date	Time	Session title	Booking link
Thursday, 12 February	10:30-11:30	The emotional impact of diagnosis	Link
Thursday, 12 February	13:30-14:30	The emotional impact of diagnosis	Link
Thursday, 19 February	10:30-11:30	Letting go of the "expected" future	Link
Thursday, 19 February	13:30-14:30	Letting go of the "expected" future	Link
Thursday, 26 February	10:30-11:30	Reframing difference through a neurodivergent-affirming lens	Link
Thursday, 26 February	13:30-14:30	Reframing difference through a neurodivergent-affirming lens	Link

Healthy habits around video gaming: Joys & Boundaries

Date	Time	Session title	Booking link
Thursday, 5 February	12:00-13:00	Understanding why gaming matters	Link
Thursday, 5 February	20:00-21:00	Understanding why gaming matters	Link
Tuesday, 10 February	10:30-11:30	Understanding why gaming matters	Link
Wednesday, 11 February	20:00-21:00	Understanding why gaming matters	Link
Thursday, 12 February	17:30-18:30	When gaming supports wellbeing	Link
Thursday, 12 February	20:00-21:00	When gaming supports wellbeing	Link
Thursday, 19 February	17:30-18:30	When gaming becomes a struggle	Link
Thursday, 19 February	20:00-21:00	When gaming becomes a struggle	Link
Thursday, 26 February	17:30-18:30	Setting boundaries that don't create power struggles	Link

Reflective Sessions

Parent-Child Violence, behaviours of concern & de-escalation

Date	Time	Session title	Booking link
Wednesday, 4 February	12:00-13:00	Understanding behaviours of concern through a neurodivergent lens	Link
Wednesday, 4 February	20:00-21:00	Understanding behaviours of concern through a neurodivergent lens	Link
Tuesday, 17 February	10:30-11:30	When home feels unsafe: Acknowledging parent-child violence	Link
Tuesday, 17 February	16:00-17:00	When home feels unsafe: Acknowledging parent-child violence	Link
Wednesday, 25 February	20:00-21:00	De-escalation in the moment: staying safe during crisis	Link

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

Date	Time	Session title	Booking link
Wednesday, 18 February	12:00-13:00	Rethinking play through a neurodivergent lens	Link
Wednesday, 18 February	16:00-17:00	Rethinking play through a neurodivergent lens	Link

Educational Family Guide Sessions

Burnout and Family Mental Health			
Date	Time	Session title	Booking link
Tuesday, 3 February	10:30-11:30	Creating sustainable family systems	Link
Tuesday, 3 February	17:30-18:30	Creating sustainable family systems	Link

Monotropism, Leisure, and Behaviour			
Date	Time	Session title	Booking link
Wednesday, 4 February	10:30-11:30	Families strategies to balance needs	Link
Wednesday, 4 February	17:30-18:30	Families strategies to balance needs	Link

Gender, Identity, and Mental Health			
Date	Time	Session title	Booking link
Thursday, 5 February	10:30-11:30	Building affirming families and communities	Link
Thursday, 5 February	17:30-18:30	Building affirming families and communities	Link

Self-harm, suicidality, and acute crisis			
Date	Time	Session title	Booking link
Tuesday, 10 February	13:30-14:30	Understanding why self-harm helps	Link
Tuesday, 10 February	17:30-18:30	Understanding why self-harm helps	Link
Tuesday, 17 February	13:30-14:30	Spotting warning signs in young people	Link
Tuesday, 17 February	17:30-18:30	Spotting warning signs in young people	Link
Tuesday, 24 February	10:30-11:30	Immediate support and safety strategies	Link
Tuesday, 24 February	13:30-14:30	Immediate support and safety strategies	Link

Educational Family Guide Sessions

AuDHD experiences: what works			
Date	Time	Session title	Booking link
Wednesday, 11 February	10:30-11:30	Understanding AuDHD lived experience	Link
Wednesday, 11 February	16:00-17:00	Understanding AuDHD lived experience	Link
Wednesday, 18 February	10:30-11:30	Navigating executive functioning and sensory needs	Link
Wednesday, 18 February	17:30-18:30	Navigating executive functioning and sensory needs	Link
Wednesday, 25 February	10:30-11:30	Emotional regulation and rejection sensitivity	Link
Wednesday, 25 February	16:00-17:00	Emotional regulation and rejection sensitivity	Link

Autism, ethnicity and culture			
Date	Time	Session title	Booking link
Thursday, 12 February	13:30-14:30	Cultural perspective on autism, learning disability and ADHD	Link
Thursday, 12 February	17:30-18:30	Cultural perspective on autism, learning disability and ADHD	Link
Thursday, 19 February	13:30-14:30	Navigating stigma, language and representation	Link
Thursday, 19 February	17:30-18:30	Navigating stigma, language and representation	Link
Thursday, 26 February	10:30-11:30	Barriers to accessing support - marginalisation and shame	Link
Thursday, 26 February	20:00-21:00	Barriers to accessing support - marginalisation and shame	Link

Virtual Meet-up

Virtual Meet-up for parents / carers of children under 5			
Date	Time	Session type	Booking link
Tuesday, 3 February	10:30-11:30	Virtual Meet-up	Link
Wednesday, 4 February	13:30-14:30	Virtual Meet-up	Link
Wednesday, 4 February	16:00-17:00	Virtual Meet-up	Link
Thursday, 5 February	12:00-13:00	Virtual Meet-up	Link
Thursday, 5 February	13:30-14:30	Virtual Meet-up	Link
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Tuesday, 24 February	12:00-13:00	Virtual Meet-up	Link
Wednesday, 25 February	10:30-11:30	Virtual Meet-up	Link
Wednesday, 25 February	12:00-13:00	Virtual Meet-up	Link
Thursday, 26 February	12:00-13:00	Virtual Meet-up	Link

Virtual Meet-up

Virtual Meet-up for grandparents

Date	Time	Session type	Booking link
Wednesday, 25 February	13:30-14:30	Virtual Meet-up	Link
Wednesday, 25 February	17:30-18:30	Virtual Meet-up	Link
Thursday, 26 February	12:00-13:00	Virtual Meet-up	Link
Thursday, 26 February	16:00-17:00	Virtual Meet-up	Link

In Conversation Sessions

Masterclass series: Supporting Autistic/AuDHD Students in School with Pete Wharmby			
Date	Time	Session type	Booking link
Thursday, 5 February	16:00-17:30	Teaching with compassion	FULLY BOOKED
Thursday, 12 February	16:00-17:30	Understanding autistic communication	FULLY BOOKED
Thursday, 19 February	16:00-17:30	Understanding autistic sensory needs	FULLY BOOKED

In Conversation			
Date	Time	Session type	Booking link
Friday, 20 February	12:00-13:00	In conversation with Naomi Matthews - Understanding autistic minds from an Autistic clinician	Link
Friday, 27 February	12:00-13:00	In conversation with Olive Kayongo - Parenting joys, trauma and advocacy	Link

Please note – we are re-running the Masterclass series from 13 March, details can be found [here](#).



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For more information visit
www.autismcentral.org.uk



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