

Plymouth Autism Parents' Support Group monthly meetings

**Is your child on the autism spectrum?**

**Why not come and join our new free support group?**

Share your ups and downs, and maybe find out how other parents are doing it. Sleep, school, behaviour, and eating can all be challenges.

Join us on **Thursday September 28, 10.15am to noon at the Welcome Hall, Fore Street, Devonport PL1 4DN.**

If you are busy during the day, there are also **evening meetings** starting **Wednesday 27 September from 7.15-8.45pm at Pomphlett Church Hall, Pomphlett Road PL9 7RA opposite Plymstock Morrisons.**

**Contact: Ellie Scott Email:** [**paab@nas.org**](mailto:paab@nas.org)

Supported by the National Autistic Society, Plymouth Branch.

