

[CASS - Community Autism Support Service](#) is a Coventry and Warwickshire based organisation set up to support neurodivergent children and their families.

They have a fantastic FREE offer of support

'Toolbox' sessions for parents

Online, fortnightly Tuesdays 7pm - 8pm.

Different topics each time.

You need to book online.

Parent/carers autism toolbox sessions Fortnightly Tuesdays, 7pm–8pm					
1 07 Jan 2025 Introducing therapeutic parenting	2 21 Jan 2025 Talking about autism to your children	3 04 Feb 2025 Masking: when others don't see autism	4 18 Feb 2025 Spiky development	5 04 Mar 2025 Demand avoidance including PDA	
6 18 Mar 2025 Sensory processing	7 08 Apr 2025 Friendships	8 29 Apr 2025 Parent/carers health and wellbeing	9 06 May 2025 Better sleep	10 20 May 2025 Anger and meltdowns	
11 03 Jun 2025 Sibling relationships	12 17 Jun 2025 Raising self-esteem	13 01 Jul 2025 Going on holiday	14 15 Jul 2025 Screen addiction	15 29 Jul 2025 Autism and gender identity	
16 12 Aug 2025 Autism and toileting	17 26 Aug 2025 Autism and ADHD	18 09 Sep 2025 School struggles	19 23 Sep 2025 After-school meltdowns	20 07 Oct 2025 EHCPs	
21 21 Oct 2025 School exclusions	22 04 Nov 2025 Food inc. ARFID (1)	23 18 Nov 2025 Food inc. ARFID (2)	24 02 Dec 2025 Thriving at Christmas	25 16 Dec 2025 Plenary and clinic	

Adult education sessions - For adults with neurodiversity

Online, Wednesdays 6.30 - 7.30pm

Different topics each time

You need to book online

Chat and Cuppa

Face to face, Monthly Wednesdays 12.30 - 2.30pm

You need to book online

For their 'full menu' of events, click here: [Community Autism Support Service \(CASS\) Events - 38 Upcoming Activities and Tickets | Eventbrite](#)