

Spectrum Rocks



For more information or to
register an interest contact
The ASD Service on:

020 8770 6618



London Borough of Sutton
Autism Spectrum Disorder
Service



For Parents looking for more
information about their child's
Autism diagnosis

Spectrum Rocks ...

A family learning programme for parents / carers of children / young people with a diagnosis of Autism Spectrum Disorder (ASD).

Looking at:

- Gaining knowledge of ASD
- Practical strategies
- Managing behaviour
- Gaining confidence and resilience



The programme comprises of 6 sessions that take place on weekdays. Each session runs for two and half hours including a short break for refreshments. They follow the same format including group work and discussion.

What parents have said about Spectrum Rocks...

Tailor made discussions with different strategies and resources - amazing!

It's been helpful to have the opportunity to share with others in the same situation, dealing with the same thing