



# Understanding Autism: A Lived Experience Perspective

With guest speaker Ellie - Lived Experience Trainer | Autism & ADHD

Join Us For a **free** online session on: **1st July 12-1pm**

What does it really mean to be autistic? In this honest and session we explore the lived experience,

🔍 This session will explore:

- What Autism looks like from the inside
- Misunderstood traits and common myths
- The emotional impact of a late diagnosis
- Practical insights and strategies that helped Ellie thrive
- How you, as a parent carer, can better understand and support your young person



To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>

