Family Training offers in Brighton & Hove

for parent carers with neurodivergent (ND) children/young people or those awaiting assessment.

Collated by Amaze ND Family Training and Navigation Service

Updated July 2026

This information was checked with providers and collated by Amaze. We cannot take any responsibility for any inaccuracies, but we will be updating the document regularly.

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Quick links to courses by area of focus, age or stage on ND pathway

Autism – for parent carers with a child on any stage, from looking into a referral to post diagnosis

Understanding the neurodevelopmental pathways

Understanding neurodiversity – Primary ages

Understanding neurodiversity – Secondary ages

BHISS Autism & Language Team Family Support Padlet

Autism – only for parent carers of a child on a waiting list for autism assessment

Thinking about autism

Year 6 to Year 7 transition support

Autism – for parent cares with a child who is diagnosed

All the above plus -

Coping with uncertainty in everyday situations

Post 16 transition support – Year 11 only

ADHD – for parent carers of children on a waiting list for ADHD assessment or diagnosed

Understanding the neurodevelopmental pathways

Understanding neurodiversity – Primary ages

Understanding neurodiversity – Secondary ages

Insider's Guide to ADHD

CAMHS – Recorded workshops

ADHD – already diagnosed- up to age 18

Psychoeducation group

Developmental language disorder (DLD) – already diagnosed

DLD parent workshop

Other ND differences

Understanding the neurodevelopmental pathways

Understanding neurodiversity – Primary ages

Understanding neurodiversity – Secondary ages

Specialist workshops at Amaze

Amaze

Understanding the neurodevelopmental pathways

Area of focus:

Autism, ADHD, learning disabilities/developmental delay, tics and Tourette's, FASD, DCD/dyspraxia, social communication differences, sensory processing differences, specific learning difficulties.

Need a diagnosis?

No – could be at any stage from looking into a referral, waiting for assessments or diagnosed.

Open to anyone?

Any parent carers with a child under 18.
Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Online, 3-hour workshop.

What will I learn about?

This workshop is ideal for parent carers of children and young people who are awaiting assessment or wondering whether they are on the right track. We aim to answer your questions about the diagnostic criteria and how the assessment process works. We will also explore less obvious traits as well as looking at factors that can make diagnosis more complex.

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one facilitator with lived experience.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service. You can register by completing this online form and selecting training as the service you are interested in: https://webforms.dizions.co.uk/amaze/family-support-referral

Website: https://amazesussex.org.uk/nd-family-support/

Amaze

Understanding neurodiversity for parent carers of children primary age or younger

Area of focus:

Autism, ADHD, learning disabilities/developmental delay, tics and Tourette's, FASD, DCD/dyspraxia, social communication differences, sensory processing differences, specific learning difficulties.

Need a diagnosis?

No – could be at any stage from looking into a referral, waiting for assessments or diagnosed.

Open to anyone?

Any parent carers with a child of primary age or younger.
Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Online, 3-hour workshop.

What will I learn about?

We look at some of the key areas that impact neurodivergent children and their families. Topics include anxiety, emotions, distressed behaviour, sensory differences, double empathy, rejection sensitivity and executive function. We will also spend a little time on strategies that may help family life.

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one facilitator with lived experience.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service. You can register by completing this online form and selecting training as the service you are interested in: https://webforms.dizions.co.uk/amaze/family-support-referral

Website: https://amazesussex.org.uk/nd-family-support/

Amaze

Understanding neurodiversity – for parent carers of children of secondary age

Area of focus:

Autism, ADHD, learning disabilities/developmental delay, tics and Tourette's, FASD, DCD/dyspraxia, social communication differences, sensory processing differences, specific learning difficulties.

Need a diagnosis?

No – could be at any stage from looking into a referral, waiting for assessments or diagnosed.

Open to anyone?

Any parent carers with a child/young person of secondary age up to 18.
Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Online 3-hour workshop.

What will I learn about?

We look at some of the key areas that impact neurodivergent young people and their families. Topics include anxiety, emotions, distressed behaviour, sensory differences, double empathy, rejection sensitivity and executive function. We will also spend a little time on strategies that may help family life.

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one facilitator with lived experience.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service. You can register by completing this online form and selecting training as the service you are interested in: https://webforms.dizions.co.uk/amaze/family-support-referral

Website: https://amazesussex.org.uk/nd-family-support/

Amaze
Insider's guide to ADHD

Area of focus:

ADHD

Need a diagnosis?

No – but need to be referred or waiting for an ADHD assessment or have received a diagnosis already.

Open to anyone?

Any parent carers with a child or young person from age 6 up to the age of 18. Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

In person, in a small group. 3-hour session, once a week for 2 weeks. Or online, 2-hour session, once a week for 2 weeks.

What will I learn about?

Understanding ADHD, practical ideas to help support your child or young person. It's also an opportunity to connect with others having similar experiences.

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one facilitator with lived experience.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service You can register by completing this online form and selecting training as the service you are interested in:

https://webforms.dizions.co.uk/amaze/family-support-referral

Website: https://amazesussex.org.uk/nd-family-support/

Amaze
Specialist workshops

Area of focus:

Specialist workshops on various neurodevelopmental differences.

Need a diagnosis?

No

Open to anyone?

The eligibility of who can attend will be unique to the workshop topic being presented at the live workshop. More information will be made available once the workshops are confirmed and ready to book.

How are they delivered?

Usually online, 1 to 3 hours duration.

What will I learn about?

Previous topics include demand avoidance, mental health and neurodivergence, Emotion Coaching, autism and anxiety, symptomatic hypermobility and neurodivergence, tics and Tourette's, understanding FASD. Some of these are available to watch on our YouTube channel - https://www.youtube.com/@AmazeSussex/videos

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one specialist speaker.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service to be on our mailing list for specialist workshops. You can register by completing this online form and selecting training as the service you are interested in:

https://webforms.dizions.co.uk/amaze/family-support-referral

Website: https://amazesussex.org.uk/nd-family-support/

BHISS
Thinking About Autism

Brighton & Hove City Council

Area of focus:

Autism

Need a diagnosis?

No

Open to anyone?

Parent carers of children on the autism diagnosis pathway, or who have received a diagnosis.

How is it delivered?

Once per term, online.

What will I learn about?

We will look at the complex and changing world of autism, think about the impact of this on the family, explore how to draw in support if necessary and discuss how to navigate the way forward.

How much will it cost?

Free

Who presents the training?

BHISS Autism and Language Family Support Workers.

How can I book or find out more?

Please click on the link below to access our PADLET where you will find links to our online courses: BHISS Autism & Language Team Family Support

BHISS

Year 6 to Year 7 Transition support

Area of focus:

Autism

Need a diagnosis?

No diagnosis needed for stand-alone workshops.
In depth 3-week sessions are open to parent carers of autistic students.

Open to anyone?

Specifically for parent carers of children in year 6.

How is it delivered?

We offer three different options to support transition in the summer term.

Option 1: Three face-to-face sessions for parents/carers of autistic young people in Year 6 who are making the transition to secondary school

Option 2: One online session for parents/carers of children in Year 6 on the autism pathway, or who have received a diagnosis making the transition to secondary school

What will I learn about?

See above.

How much will it cost?

Free

Who presents the training?

BHISS Autism and Language Family Support Workers.

How can I book or find out more?

Email bhiss@brighton-hove.gov.uk for log in details or course availability.

BHISS

Online workshops with various themes

Brighton & Hove City Council

Area of focus:

Autism and/or language needs.

Need a diagnosis?

This varies depending on the course being offered.

Open to anyone?

Open to parent carers. Some courses have specific audiences e.g. parent carers of secondary age students; students with language differences; those with a confirmed diagnosis. Please check individual courses for eligibility.

How is it delivered?

These sessions are delivered online.

What will I learn about?

Topics vary each year - however past workshops have included social anxiety, social media/internet safety, looking after yourself (parental well-being), working successfully with schools, puberty, students struggling to access school, DLD (Developmental Language Disorder), and supporting your child with speech, language and communication needs.

How much will it cost?

Free

Who presents the training?

Delivered by BHISS staff.

How can I book or find out more?

Please click on the link below to access our PADLET where you will find links to our online courses: BHISS Autism & Language Team Family Support

BHISS

School workshops

Area of focus:

Autism and/or language needs.

Need a diagnosis?

This is dependent on what has been agreed with the school.

Open to anyone?

This is dependent on what has been agreed with the school.

How is it delivered?

This is held in person as part of parent carer SEND coffee mornings and events.

What will I learn about?

Each year primary schools are offered in-person workshops and coffee mornings from the BHISS Autism and Language Family Support Workers. These are usually held in school and are a combination of training and informal chat. The themes vary depending on what has been agreed with the school, however previous workshops have covered anxiety, puberty and transition.

How much will it cost?

Free

Who presents the training?

Delivered by BHISS staff.

How can I book or find out more?

The school will provide information when a workshop has been arranged.

BHISS

CUES - Coping with Uncertainty in Everyday Situations

Area of focus:

Autism

Need a diagnosis?

Yes

Open to anyone?

For parent carers of autistic young people aged 6-16.

How is it delivered?

An eight week programme (eight x 2 hour sessions).

What will I learn about?

Parent carers are encouraged to share their experiences and develop strategies to support their young people with uncertainty to try out between sessions.

How much will it cost?

Free

Who presents the training?

Developed by Newcastle University and delivered by BHISS staff.

How can I book or find out more?

email bhiss@brighton-hove.gov.uk for course availability.

BHISS
DLD parent workshop

Brighton & Hove City Council

Area of focus:

DLD (Developmental Language Disorder)

Need a diagnosis?

Yes. It's specifically for DLD parent carers, rather than anyone with a language disorder (e.g. those associated with autism). DLD is generally diagnosed by speech and language therapists.

Open to anyone?

Only parent carers of children and young people who have been diagnosed with DLD (Developmental Language Disorder).

How is it delivered?

The course is delivered online or in person, depending on the cohort. It involves 1 or 2 sessions, lasting 2 hours each.

What will I learn about?

Supporting the parent carers to find out more about the diagnosis and building a community of support.

How much will it cost?

Free

Who presents the training?

BHISS specialist teachers, NHS Speech and Language Therapists, and Afasic.

How can I book or find out more?

Email bhiss@brighton-hove.gov.uk for course availability.

BHISS

Post 16 Transition workshop

Area of focus:

Autism

Need a diagnosis?

Yes

Open to anyone?

Specifically for parent carers of children in year 11.

How is it delivered?

Online – a two-hour long workshop held in the summer term.

What will I learn about?

This workshop explores opportunities for post-16 autistic young people in Brighton & Hove. We will look at how to access information and advice so that we can prepare them to navigate this big transition into sometimes unfamiliar territory.

How much will it cost?

Free

Who presents the training?

BHISS Autism and Language Family Support Workers.

How can I book or find out more?

Email bhiss@brighton-hove.gov.uk for the online link.

BHISS

Autism & Language Team

Family Support Padlet

Area of focus:

Supporting families to learn more about autism and language

Need a diagnosis?

No

Open to anyone?

Yes, put it is designed specifically for parent carers of children with autism and language needs.

How is it delivered?

Access any time website.

What will I learn about?

Topics include understanding neurodiversity and autism, demand avoidance, sensory support, emotional regulation, language differences, emotionally based school avoidance.

How much will it cost?

Free

Who presents the training?

The information in the Padlet has been collated by BHISS Autism and Language Family Support Workers.

How can I book or find out more?

BHISS Autism & Language Team Family Support

https://padlet.com/bhissFSW/bhiss-autism-language-team-family-support-hph4rwi0wwmu1inq

CAMHS
Psychoeducation group

Area of focus:

ADHD

Need a diagnosis?

Yes

Open to anyone?

Parent carers of children aged 6 to 18 who have received a diagnosis of ADHD and are known to the CAMHS NDP team and want to explore options for medication.

How is it delivered?

Online, group workshop.

What will I learn about?

Information about ADHD, strategies to support young people with a diagnosis of ADHD with an emphasis on promoting a neuroaffirmative self-image for young people. Information about ADHD treatment and information to support making an informed decision in relation to ADHD medication. Sign posting to local supports available in the area.
Parents will need to complete health screening following the group if they wish to explore ADHD medication for their child and additional health checks may be requested before booking in-person clinic appointment to discuss ADHD medication further.

How much will it cost?

Free

Who presents the training?

Run by a specialist nurse from the CAMHS NDP team.

How can I book or find out more?

Invitation only. Details will be sent to you on how to book when you receive your diagnosis letter.

CAMHS
Recorded workshops

Area of focus:

Various topics including ADHD.

Need a diagnosis?

No

Open to anyone?

Yes

How is it delivered?

Pre-recorded workshops. Access any time website.

What will I learn about?

Various recorded sessions available including these topics: ADHD, autism and challenging behaviour, anxiety, sleep.

How much will it cost?

Free

Who presents the training?

Delivered by specialist staff from the CAMHS team.

How can I book or find out more?

https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/parent-and-carer-workshops

Brighton & Hove Best Start Family Hubs

Raising Early Achievement in Literacy (REAL)

SEND

Area of focus:

Early literacy and home Learning for very young children. This evidence-based programme from The National Children's Bureau is especially adapted for children with SEND, including those who may be neurodiverse.

Need a diagnosis?

No – children are usually identified to join the group or are offered support in the home at the two-year development review or during pre-school years.

Open to anyone?

Any parent carers with a child aged 2-5 year (pre-school). Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Both face to face in groups or 1-1 in the home. 4 sessions usually 4 weeks apart.

What will I learn about?

A range of ideas to support mark making, enjoyment of books, using print in the environment and support for language and communication. All participants receive a pack of resources to use during the course or home visits.

How much will it cost?

Free

Who presents the training?

Best Start Family Hubs staff.

How can I book or find out more?

You can self-refer, or ask a professional to refer you using this form:

https://www.brighton-hove.gov.uk/families-children-and-learning/tell-us-if-you-are-worried-about-child

Or call 01273 293545

https://www.brighton-hove.gov.uk/families-children-and-learning/childcare-and-family-support/what-family-hubs-offer

Brighton & Hove Best Start Family Hubs

Triple P Stepping Stones Groups

Area of focus:

Supporting parents with strategies to promote positive communication and relationships with their children.

Need a diagnosis?

No – could be at any stage from looking into a referral, waiting for assessments or diagnosed.

Open to anyone?

Any parent carers with a child of primary school age or younger (up to 11 years). Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Both face to face groups and Online options are offered each term – over 7 separate sessions. 1 week apart.

What will I learn about?

A range of strategies to support positive parenting techniques, meet other families with similar circumstances, and develop support networks after the training.

How much will it cost?

Free

Who presents the training?

Run by two facilitators from Best Start Family Hubs.

How can I book or find out more?

You can self-refer, or ask a professional to refer you using this form:

https://www.brighton-hove.gov.uk/families-children-and-learning/tell-us-if-you-are-worried-about-child

Or call 01273 293545

https://www.brighton-hove.gov.uk/families-children-and-learning/childcare-and-family-support/what-family-hubs-offer

Organisations in this directory:

Amaze

Amaze is a charity that gives information, advice and support to families of children and young people with special educational needs and disabilities (SEND) in Brighton & Hove and East Sussex. Their ND Family Support Service is for families with children and young people under 25, before and after assessment for neurodevelopmental differences such as autism, ADHD and tics/Tourette's. Their core offer is ND Family Training and Navigation, and they also offer peer support through parent carer groups and befriending, as well as youth activities that welcome young people with neuro-differences. https://amazesussex.org.uk/nd-family-support/

Seaside View

Seaside View Child Development Centre considers referrals of children where there is a concern around development, except if that concern is primarily around possible ADHD or if a child is over 11 years of age and there is concern around autism, in which case CAMHS is commissioned to assess. Seaside View professionals include paediatricians, specialist nurses, occupational therapists, physiotherapists and speech and language therapists who may all take a role in assessing and supporting children.
https://www.sussexcommunity.nhs.uk/services/seaside-view-child-development-centre.htm

Brighton & Hove Inclusion Service (BHISS)

A service provided by Brighton and Hove City Council. BHISS works with nurseries, playgroups and childminders registered with Ofsted, as well as schools and colleges to support children and young people with special educational needs and disabilities (SEND), and their families. The service works closely with parent carers and professionals across maintained settings to ensure all children have access to quality first education and support.
https://www.brighton-hove.gov.uk/directories/special-educational-needs-and-disability-send-support/brighton-hove-inclusion-support-service-bhiss

CAMHS

CAMHS Neurodevelopmental Service provides diagnostic assessments of neurodevelopmental conditions in children. They undertake the assessment and diagnosis of ADHD for ages 6-18 and autism for ages 11-18. This is known as the Neurodevelopmental Team (NDT).
https://www.sussexcamhs.nhs.uk/our-services/service-finder/neurodevelopmental-service-children-and-young-people

Brighton & Hove Best Start Family Hubs

A service provided by Brighton and Hove City Council. Best Start Family Hubs support families in Brighton & Hove with children aged from age 0 to 19. Young people with special educational needs or disabilities (SEND) can access our services up to age 25. Information, advice and guidance on subjects like childcare, services that can support with finances, local services for parents, young people and children.
https://www.brighton-hove.gov.uk/families-children-and-learning/childcare-and-family-support/what-family-hubs-offer

Refer to Best Start Family Hubs

To make a referral to Best Start Family Hubs for family help, including one to one support, interventions and groups, complete the Front door for Families online referral form:

Refer a child or family for help or tell us you're worried about a child

If you need guidance on how to refer, you can contact a navigator.

Contact a Best Start Family Hubs Navigator

Call: 01273 293545 or E-mail: familyhubs@brighton-hove.gov.uk

Drop-in to one of our 4 main Family Hubs between 9.30 a.m. and 4.00 p.m. Mon – Friday

How to contact Best Start Family Hubs and the Hub locations

What Best Start Family Hubs offer in community languages

Find out what is happening in Best Start Family Hubs – search the Events Calendar

All events, activities and groups run are now listed on the Best Start Family Hubs Events, Groups and Activities Calendar which can be found on the Brighton & Hove council webpages. How to join or be referred to each group or event is included in the information about each event.

https://www.brighton-hove.gov.uk/family-help-online/family-hubs-events-activities-and-groups

Family Help Online – Advice and Support for Families

Information for families is available on the Brighton & Hove Council webpages.

https://www.brighton-hove.gov.uk/family-help-online

Brighton & Hove Childcare Directory

The Brighton & Hove Childcare Directory is now available. Use this to search for Ofsted registered childcare and find out about financial support to help pay for childcare:

https://www.brighton-hove.gov.uk/family-help-online/childcare-and-childcare-support

Links to sources of further information or support:

Front door for families: https://www.brighton-hove.gov.uk/families-children-and-learning/refer-child-or-family-front-door-families https://www.brighton-hove.gov.uk/families-children-and-learning/refer-child-or-family-front-door-families

Best Start Family hubs: https://www.brighton-hove.gov.uk/families-children-and-learning/childcare-and-family-support/what-family-hubs-offer

Amaze SENDIASS for advice on education, health and social care: https://amazesussex.org.uk/sendiass/

Amaze ND Family Support: https://amazesussex.org.uk/nd-family-support/

Aspens: https://www.aspens.org.uk/

Brighton & Hove Parent and Carers Council: https://paccbrighton.org.uk/

Schools Mental Health Service: https://www.brighton-hove.gov.uk/directories/special-educational-needs-and-disability-send-support/schools-mental-health-service

Brighton Pebbles parent carer groups and activities: http://www.brightonpebbles.org.uk/

mASCot support network for autism: https://www.asc-mascot.com/join-mascot

A Seat at the Table (ASATT) - a parent carer support group formed by parent carers from ethnically diverse communities: https://aseatatthetable.org.uk/

National Autism Society: https://www.autism.org.uk/

PDA UK: https://www.pdasociety.org.uk/

National Organisation for FASD: https://nationalfasd.org.uk/

Tourette's Action: https://www.tourettes-action.org.uk/

Witherslack Resources: https://www.witherslackgroup.co.uk/support-and-events/resources/