Family Training offers in East Sussex

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

Collated by Amaze ND Family Training and Navigation Service

Updated April 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 stage on neurodevelopmental pathway

For parent carers who are looking into a referral for ND assessment, or any other stage

Understanding the neurodevelopmental pathways

Understanding neurodiversity – Primary ages

Understanding neurodiversity – Secondary ages

Specialist workshops at Amaze

Learning about Neurodivergent children

CAMHS recorded workshops

Coping with Uncertainty in Everyday Situations - parent carers of children up to 16

Recorded workshops on various topics like sensory processing

Parenting children with anxiety

General parenting courses

Learning about Neurodivergent children

Autism specific –for parent carers of a child on a waiting list for assessment or diagnosed

EarlyBird Plus Programme

Teen Life

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

Amaze Insider's Guide to ADHD – up to age 18

CAMHS recorded workshops

Parenting Children with ADHD

ADHD – for parent carers of a child with a diagnosis only

Psychoeducation group

Learning disabilities

Parenting children with disabilities

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 East Sussex or be registered with a GP in East Sussex.

How is it delivered?

Online, 3-hour workshop.

What will I learn about?

Topics covered include neurodiversity and neurodivergence, neurodevelopmental differences, what happens during the assessment process, executive function, masking, and where to find support available locally.

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 East Sussex or be registered with a GP in East Sussex.

How is it delivered?

Online, 3-hour workshop.

What will I learn about?

Topics covered include - strengths and positives of being neurodivergent, anxiety, demand avoidance, double empathy, emotional regulation and distressed behaviour, rejection sensitivity, and triggers and strategies.

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?

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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 East Sussex or be registered with a GP in East Sussex.

How is it delivered?

Online, 3-hour workshop.

What will I learn about?

Topics covered include - strengths and positives of being neurodivergent, anxiety, demand avoidance, double empathy, emotional regulation and distressed behaviour, rejection sensitivity, and triggers and strategies.

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?

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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 East Sussex or be registered with a GP in East Sussex.

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, emotional regulation, autism and anxiety, symptomatic hypermobility and neurodivergence, tics and Tourette's, sensory processing, 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/

CLASS and Mental Health Support Team

Coping with Uncertainty in Everyday Situations (CUES)

Area of focus:

Anxiety

Need a diagnosis?

No

Open to anyone?

A free training course aimed at parent carers of children aged 6-16 years, designed to support children with feelings of anxiety.

How is it delivered?

Face to Face sessions for 2 hours. The course runs for 5 weeks and you need to attend all sessions. Term time only. Places are limited to small group numbers

What will I learn about?

The workshops focus on the recognition, understanding and management of the feelings experienced in times of uncertainty. Strategies suggested during the group will be individually tailored to each child and parent carers can practise using these new skills in their selected target situation.

How much will it cost?

Free

Who presents the training?

The East Sussex Mental Health Support Teams (MHSTs) and CLASS practitioners.

How can I book or find out more?

https://localoffer.eastsussex.gov.uk/activities-and-events

https://www.facebook.com/SENDEastSussex

https://x.com/send_eastsussex

https://www.instagram.com/send_eastsussex/

https://www.tickettailor.com/events/eastsussexcountycouncil17

CITES

Sensory workshops

East Sussex School Health and Children's Integrated Therapy Services

Area of focus:

Sensory processing difficulties but many other topics are available.

Need a diagnosis?

No

Open to anyone?

Yes

How is it delivered?

Four pre-recorded online workshops. Access any time via website.

What will I learn about?

Four recorded sensory workshops aimed at parent carers.

1: Introduction to sensory processing (10 minutes)

2: Understanding processing - the 8 senses (24 minutes)

3: Strategies to support (34 minutes). Sensory strategies family record sheet available to download alongside further information and recommended links on webpage.

4. Conducting sensory circuits – (19 minutes)

How much will it cost?

Free

Who presents the training?

Delivered by therapists at CITES and Kent Children's Therapy Service

How can I book or find out more?

Go to www.eastsussexchildren.nhs.uk/childrens-integrated-therapy

www.eastsussexchildren.nhs.uk/sensory-processing

As well as sensory processing workshops there are 75 videos (one third focussed videos 1-3 minutes; one third short workshop 5-15 minutes and one third longer workshops 15 - 60 minutes) available across all aspects of CITES for parent carers and professionals.

The Parenting Team

Parenting Children with Anxiety 4+ years

Area of focus:

Moderate to severe symptoms of anxiety

Need a diagnosis?

No

Open to anyone?

A course specifically tailored to parent carers of children aged between 4 and 16 with moderate to severe symptoms of Anxiety.

How is it delivered?

Online, group session along with telephone support. 7 weekly sessions, 2 hours each.

What will I learn about?

Topics include:

- Understanding Anxiety
- Promoting emotional resilience in children
- Modelling and the way children think
- Avoidance and exposure
- Responding to children's anxiety
- Constructive problem solving

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk
Visit the Facebook page: https://www.facebook.com/TheParentingTeam

Website: https://familyhubs.eastsussex.gov.uk/activities

The Parenting Team

Parenting Children with ADHD 4-11 years

Area of focus:

ADHD

Need a diagnosis?

No

Open to anyone?

A course specifically tailored to parent carers of children aged between 3 and 11 with moderate to severe symptoms of ADHD.

How is it delivered?

Online, group session along with telephone support. 7 weekly sessions, 2 hours each.

What will I learn about?

NFPP takes place online and during these sessions, parent carers are made aware of symptoms and signs of ADHD and the ways in which they may affect their child's behaviour and their relationship with their child. Parent carers also learn strategies for managing their child's behaviour and attention difficulties.

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk
Visit the Facebook page: https://www.facebook.com/TheParentingTeam

Website: https://familyhubs.eastsussex.gov.uk/activities

The Parenting Team

Parenting Children with Disabilities 2+

Area of focus:

Mild to moderate physical and learning disabilities

Need a diagnosis?

Yes

Open to anyone?

A course specifically tailored to parent carers of children aged between 2 and 12 with mild to moderate physical and learning disabilities.

How is it delivered?

Online, group session along with telephone support. 7 weekly sessions, 2 hours each.

What will I learn about?

Parenting children with disabilities takes place online and during these sessions, parent carers are made supported in how to make positive parenting work for their child's needs. This course offers practical strategies for building stronger relationships, independence and confidence.

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk
Visit the Facebook page: https://www.facebook.com/TheParentingTeam

Website: https://familyhubs.eastsussex.gov.uk/activities

The Parenting Team

General parenting courses

Area of focus:

Non-specific

Need a diagnosis?

No

Open to anyone?

Yes, but check the ages range and topics covered suit your needs.

How is it delivered?

Online, group sessions.

What will I learn about?

Online webinars on various parenting topics are available. The current offer includes: Parenting ages 2 -12, Parenting Teens (10+), Fearless (Anxiety) any age, S.T.O.P Programme for parent carers of Teenagers (10+), Calmer Co-Parenting (Reducing parental conflict for separated couples), Harmony at Home Parenting Programme (8 weeks), Reducing parental conflict for couples living together), Solihull Approach for parents (ages 0-2), The Power of Positive Parenting ages 2-8.

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk
Visit the Facebook page: https://www.facebook.com/TheParentingTeam

Website: https://familyhubs.eastsussex.gov.uk/activities

The Parenting Team

Early Bird + (National Autistic Society) 4-9 years

Area of focus:

Autism

Need a diagnosis?

Yes, or on the diagnostic pathway.

Open to anyone?

The EarlyBird plus programme is a 7–8-week journey for parents and carers of children aged 4-9 navigating the autism pathway. Parents can also invite a professional who works closely with their child.

How is it delivered?

Online, through MS Teams.

What will I learn about?

Over the course of the programme, attendees will have an opportunity to discuss and explore:

- building effective communication and interaction skills
- using structured approaches to support their children in different environments
- developing social skills and fostering positive relationships
- understanding and managing behaviours in a supportive way
- practical strategies for collaborative problem-solving

Each family and professional will receive a EarlyBird Plus programme book to support continued learning beyond the sessions.

How much will it cost?

Free

Who presents the training?

A programme created by the National Autistic Society. Delivered by Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk
Visit the Facebook page: https://www.facebook.com/TheParentingTeam
Website: https://familyhubs.eastsussex.gov.uk/activities

The Parenting Team

Teen Life (National Autistic Society) 10+ years

Area of focus:

Autism

Need a diagnosis?

Yes, or on the diagnostic pathway.

Open to anyone?

The Teen Life programme is a 7- 8-week course for parent carers of autistic young people aged 10-16 years. Parents can invite a professional who works closely with their young person.

How is it delivered?

Online, through MS Teams.

What will I learn about?

This programme aims to empower parents to understand and support autistic teenagers as they navigate this important phase of life. Attendees will have an opportunity to discuss and explore:

- understanding autism and autistic identity
- managing stress and anxiety
- understanding and supporting behaviour
- health and wellbeing during adolescence
- navigating puberty
- education and school experiences
- preparing for the transition to adulthood

Each family and professional will receive a Teen Life programme book to support continued learning beyond the sessions.

How much will it cost?

Free

Who presents the training?

A programme created by the National Autistic Society. Delivered by Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk
Visit the Facebook page: https://www.facebook.com/TheParentingTeam
Website: https://familyhubs.eastsussex.gov.uk/activities

The Parenting Team

Learning about neurodivergent children

Area of focus:

A range including but not limited to autism, ADHD and PDA.

Need a diagnosis?

No

Open to anyone?

Parent carers of children aged 4-16 years old.

How is it delivered?

2-hour online session, via MS Teams.

What will I learn about?

This introductory session is for parents who want to develop their understanding and knowledge of different types of neurodivergence and ways to best support neurodivergent people. Topics include: What is Neurodivergence? Common types of neurodivergence, Pathological Demand Avoidance (PDA), sensory sensitivities, understanding meltdowns and best ways to respond.

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk
Visit the Facebook page: https://www.facebook.com/TheParentingTeam

Website: https://familyhubs.eastsussex.gov.uk/activities

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

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/

CITES

Children's Integrated Therapy and Equipment Service. They are the East Sussex NHS providers of occupational therapy, physiotherapy, and speech and language therapy for children.

https://www.eastsussexchildren.nhs.uk/about/childrens-integrated-therapy-and-equipment-service/

The Parenting Team – East Sussex Family Hubs

The parenting Team is funded by East Sussex County Council. They offer a variety of parent carer training and support sessions such as: Triple P programme, one-off groups, longer courses, and online sessions.

https://familyhubs.eastsussex.gov.uk/activities

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

MHSTs

The East Sussex Mental Health Support Teams (MHSTs) provide short-term support for children and young people affected by mild to moderate mental health needs. Education Mental Health Practitioners (EMHPs) deliver the evidence-based interventions. They are East Sussex County Council teams with close links to the NHS

https://1space.eastsussex.gov.uk/Services/5900

Links to sources of further information or support:

East Sussex Local Offer: https://localoffer.eastsussex.gov.uk/

Family hubs: https://familyhubs.eastsussex.gov.uk/

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

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

East Sussex Parent Carer Forum: https://www.espcf.org.uk/

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

Autism pathway support available: https://localoffer.eastsussex.gov.uk/assets/documents/Pre-Autism-Pathway-(May-2024).pdf

Schools Health Team: https://www.eastsussexchildren.nhs.uk/parents/

i-Rock for young people aged 14 to 25 to access advice and support on emotional wellbeing: https://www.sussexcamhs.nhs.uk/our-services/service-finder/i-rock

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/