



CENTRE FOR CLINICAL PSYCHOLOGY
UNIVERSITY OF THE PUNJAB
Quaid-i-Azam Campus, Lahore – 54590, Pakistan



List of Autism Resources

For Parents and Caregivers of Children with Autism

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This resource list has been thoughtfully curated to provide parents and caregivers with access to a wide range of tools and information designed to support individuals with autism. It includes evidence-based educational materials, reputable support organizations, innovative therapeutic tools and cutting-edge assistive technologies.

This list of resources reflects both my clinical insight and research, guided by my supervisors, **Dr. Tehreem Arshad** and **Dr. Aisha Sitwat** (Assistant Professors, Centre for Clinical Psychology, University of the Punjab, Lahore).

The aim of this compilation is to empower families with knowledge, enhance communication, and foster understanding of the unique needs of individuals on the autism spectrum. Each resource has been selected to offer practical guidance and to serve as a valuable aid in navigating the challenges and opportunities associated with autism.

Whether you are seeking professional support, self-help tools, or community connections, this list is a comprehensive starting point for building a supportive and enriching environment for individuals with autism and their families.



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Support Group	Services	Support	Location	Links (all the private setups and facilities that provide therapy option for children with autism)
Little Pure Souls - Autism Facilities	Family Support: Provides autism care centers and therapy options for children with autism.	Informational Support	Lahore	Link
Instagram - Blocks Books by Saima	Educational Resources: Sells sensory toys and educational tools for children with autism.	Informational Support	Online	Link
Instagram - Autism Dad	Family Support: Offers insights from a father managing autism in a family setting.	Emotional Support	Online	Link
Instagram - Autism Pakistan	Information and Guidance: Shares autism awareness updates and resources specific to Pakistan.	Informational Support	Online	Link
YouTube - Sainyam for Autism	Educational Resources: Features videos on autism care strategies and therapies for parents.	Informational support	Online	Link
YouTube - Nausheen Mushtaq	Self-Care and Well-being: Provides advice for caregivers, tailored	Emotional Support	Online	Link



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	to Pakistan's cultural context.			
Facebook Group - Autism Support Pakistan	Family Support: A community for families to share resources and challenges.	Both informational and emotional support	Online	Link
YouTube - Blessings Maninder	Cultural Awareness: Shares perspectives on autism awareness from diverse cultural angles.	Informational Support	Online	Link
YouTube - Kids Developmental Activities	Educational Resources: Focuses on developmental activities for children with autism.	Informational Support	Online	Link
YouTube - Spectrum's Life	Support and Awareness: Shares autism-related stories, insights, and community discussions.	Emotional support	Online	Link
YouTube - Tahira Bano	Mental Health Support: Provides self-care tips and coping strategies for caregivers.	Emotional Support	Online	Link
YouTube - Impact for Kids	Parental Support: Offers videos on supporting children's development and emotional well-being.	Emotional Support	Online	Link



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YouTube - Autism Empowered	Empowerment Resources: Shares strategies for empowering individuals with autism.	Both Informational and emotional Support	Online	Link
WhatsApp Channel - Autism Care	Peer Support: Space for caregivers to discuss experiences and seek guidance.	Emotional Support	Online	Link
WhatsApp Group - Autism Family	Family Support: A group where families can share advice and resources for autism care.	Both Informational and Emotional Support	Online	Link
WhatsApp Group - Autism Support	Peer Support: A group for caregivers to support each other and share advice.	Emotional Support	Online	Link
YouTube - Autism and Mom Life	Parental Guidance: Offers practical advice and resources for parents of children with autism.	Informational Support	Online	Link
YouTube - A for Autism	Educational Resources: Focuses on autism-related topics and therapy strategies.	Informational support	Online	Link
YouTube - Little Sports	Educational Resources: Provides activity ideas for children, especially those with autism.	Informational Support	Online	Link



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Instagram - Tahira Bano	Self-Care: Offers mental health support and advice for caregivers.	Emotional support	Online	Link
YouTube - JB Ilxu Autism	Educational Videos: Focuses on autism-related topics and therapy strategies.	Informational support	Online	Link
Facebook Group - Autism Care Pakistan	Support: A community for Pakistani families dealing with autism.	Emotional support	Online	Link
Instagram - Brain and body health	Awareness: Shares information about Occupational therapy exercise with kids with autism.	Informational Support	https://www.instagram.com/brainandbodyhealth_?igsh=Y3l6a3EzampvMGp9	
WhatsApp Group – Mothers speech delay and autism training group	Guidance and Therapy : Provides online consultation and parental training on speech therapy and special education	Informational Support	Online	https://chat.whatsapp.com/KGVHcEf10f3FN3gVaTsIdB
WhatsApp Group- Speech and Language Clinic	Awareness: Shares information related to the children	Informational Support	Online	Admin Contact No: +92 314 5255083
WhatsApp Channel- Blocks and Books	Teaching Platform: Provides resources for homeschooling of children	Informational Support	Online	https://whatsapp.com/channel/0029Va8h37OAe5VkoOFjLQ0l



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WhatsApp Group-Autism Mother Support Group	Guidance: Shares personal experiences as a mother of autistic child	Emotional Support	Online	Admin Contact no: +92 332 8974670
WhatsApp Group-Autism Spectrum Support	Parental Guidance and Educational Resources: Shares Behavioral intervention plans and homework plans	Informational Support	Online	Admin Contact No: +92 334 7338084
WhatsApp Group-Consult with Child Psychologist	Awareness and Support: focused on child psychology, parenting strategies, behavioral challenges, therapy techniques	Both Emotional and Informational Support	Online	Admin Contact No: +92 307 7446231
WhatsApp Group-Parent support group by MADIHA RAZI	Therapy: Speech and Language therapy	Informational Support	Online	Admin Contact No: +92 331 7072718
Busy Star Shop	Products related to autism	Provides educational tools and toys	Online	https://www.instagram.com/busy_starshop?utm_source=qr&igsh=d2NoYnBjY3dqZTBI
Bloom Daycare Center	Early intervention services for children with autism	Therapy, developmental support	Street 2, near Makkah Chowk, Sabzazar Block K, Sabzazar	



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			Housing Scheme, Phase 1 & 2, Lahore, Punjab 51000	
Keto Club	Diet therapy (Keto diet for autism)	Support for parents through diet guidance	Online	https://ketoclub.pk/
Little Pure Souls	Social skills, visual stories, resources for parents	Resources for parents and caregivers	Online	https://littlepuresouls.com/resources-social-skills-visual-stories-wm/
Little Pure Souls	Information for parents on autism	Provides valuable insights and resources	Online	https://littlepuresouls.com/resources-information-for-parents-wm/
Little Pure Souls	Special needs resources for parents and caregivers	Comprehensive guides and advice	Online	https://littlepuresouls.com/special-need-childrens-resources-for-parents-caregivers/