GEMS
Autism & ADHD Support Service
East Berkshire

01753 373 244 / 0800 999 1342
https://www.gems4health.com
gems.4health@nhs.net

What's coming Up in June & July 2022

GEMS offers information and support to parents and carers of children with autism and ADHD within East Berkshire. We offer workshops and courses for parents, carers, and children. We also run regular activities for children aged 5 upwards. **To book onto any of the below workshops please contact GEMS on: 0800 999 1342 or gems.4health@nhs.net**

- **Girls & Autism - Maidenhead - Thursday 9th June - 10am to 12pm**
- **Pre & Post Assessment workshops – Sleep - Virtual - Mon 13th June 7pm to 9pm**
- **Pre & Post Assessment workshops – ADHD - Bracknell - Tuesdays 14th, 21st & 28th June 7pm to 9pm all sessions to be attended**
- **Managing Anxiety - Virtual - Thursday 23rd June 10am to 11.30am**
- **Autism & Food - Virtual - Tuesday 5th July - 10am to 12pm**
- **Supporting Siblings - Bracknell - Thursday 7th July 10am to 12pm**
- **Pre & Post Assessment workshops – ADHD - Virtual - Tuesdays 5th, 12th & 19th July 7pm to 8.30pm all sessions to be attended**
- **Adolescence- Virtual - Thursday 14th July - 10 - 11.30 am.**

the autism group

Parenting Special Children

NHS Frimley Clinical Commissioning Group

Bracknell Forest Council