



GEMS

Autism & ADHD Support Service
East Berkshire

01753 373 244 / 0800 999 1342

<https://www.gems4health.com>

gems.4health@nhs.net

Workshops & Courses

What's coming Up in November & December 2021...

GEMS offers information and support to parents and carers of children with autism and ADHD within East Berkshire. **To book onto any of the below workshops please contact GEMS on: 0800 999 1342 or gems.4health@nhs.net**

Autism & Food - Tuesday 2nd Nov - 10am -12pm

For parents/Carers of autistic children with a limited diet. Exploring reasons why diet can be limited and discussing tips for introducing new foods.

What about me? Supporting siblings- Thurs 11th Nov - 10am-12pm

Looking at how to help young people understand and thrive in an autism friendly family.

Pre & Post Assessment workshops – ADHD - Tue 16th, 22nd & 30th Nov - 7 - 8.30 pm

Session 1: Provides an insight into what ADHD is. Learn about the challenges and concerns often raised. Explore strengths and opportunities related to ADHD.

Session 2: Learn to understand childrens' anxiety and how this relates to ADHD.

Session 3: Gain an understanding of attention deficit behaviours and how to manage these.

Adolescence- Thurs 25th Nov - 10- 1130am.

Understanding and responding to the changes and challenges of parenting and caring for teenagers on the autism spectrum

High Alert -When Anxiety Strikes - Thurs 2nd Dec - 630-8pm

What to do when worries take over. Tried and tested strategies to implement yourself.

Girls and autism - Thurs 9th Dec - 6.30-8pm

A look at the behaviours and challenges that may be experienced by girls with autism