

GEMS offers information and support to parents and carers of children with autism and ADHD within East Berkshire.

Workshops & Courses...

What's coming Up in April 2022

High Alert - When Anxiety Strikes

Thurs 7th April at 10am to 12pm (Bracknell)

What to do when worries take over. We take a look at what causes anxiety and some tried and tested strategies to tackle it.

NAS: Teen Life

Tues 26th April at 10am to 12.30pm (Slough)

A course for parents and carers of children with autism aged between 10-16.

Discussing strategies and sharing ideas about how to communicate with and support young people with autism.

NAS: Early Bird Plus

Wed 27th April at 10am to 12.30pm (Slough)

A course for parents and carers of children with autism aged 4-9.

The programme aims to promote joined up approaches between home and school for children with autism, by encouraging parent and carers to attend the sessions with others who are working regularly with their child.

Girls and Autism

Thurs 28th April at 10am to 12pm (Slough)

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

To book onto any of the below workshops please contact GEMS on:
0800 999 1342 or gems.4health@nhs.net