

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 March 2022

What about me? Supporting siblings

Thurs 10th March at 6.30pm to 8.30pm (Maidenhead)

What is it like to grow up with a sibling on the autism spectrum? How can we help young people to better understand and thrive in an autism friendly family?

Autism and Food

Tues 15th March at 10am to 12pm (Online)

Exploring reasons why diet can be limited and discussing tips for introducing new foods.

Pre & Post Assessment workshops – ADHD

Tues 15th, 22nd & 29th March at 7pm to 9pm (Online)

Adolescence

Thurs 24th March at 6.30pm to 8pm (Online)

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

Pre & Post Assessment workshop Sleep - ADHD/ Autism

Fri 25th March at 10am to 12pm (Bracknell)

An introductory two – hour course for parents and carers who have children and young people with autism & or ADHD who struggle with sleep.

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