

What my diagnosis means to me



Have you or your child recently been diagnosed with Autism or ADHD ?

Would you like to understand more about what this means?

We are running virtual workshops which will give participants an opportunity to share their experience and understand more about their diagnosis in a safe setting

The session will run for up to 1 hour and 30 mins and will have a maximum of 10 attendees.

The cost is £20 plus booking fee per session (This event is non refundable).

Sessions are running on the following dates:

Adults 18+ with ADHD - Monday 4th March, 7-8:30pm

Teenagers ages 13-16 with Autism - Tuesday 19th March, 4:15-5:45pm

Teenagers ages 13-16 with ADHD - Wednesday 20th March, 4:15-5:45pm

Sign Up

**You can view all our events under this link –
[www.ticketsource.co.uk/gems4health-
autismandadhdsupport](http://www.ticketsource.co.uk/gems4health-autismandadhdsupport)
or contact: Gems.4Health@nhs.net**