



GEMS

Autism & ADHD Support Service
East Berkshire



01753 373 244 / 0800 999 1342
weekdays 9am to 5pm



<https://www.gems4health.com>



gems.4health@nhs.net

GEMS is for children and young people who are diagnosed with, or who may have, autism and/or attention deficit hyperactivity disorder (ADHD). The service also supports parents and carers and is open to anyone living in Slough, Royal Borough of Windsor and Maidenhead or Bracknell Forest.

UPCOMING WORKSHOPS AND COURSES

**Managing Anxiety - Tuesday 8th July
10 to 12noon**

**Sensory Processing - Wednesday 9th July
7 - 8.30pm**

**Empowering Calm - Tuesday 15th July
10am to 12noon**

**Navigating School Avoidance - Tuesday 16th
September - 10am to 12noon**

Visit our website to book your space - www.Gems4Health.com

