



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning - Family, siblings and homelife

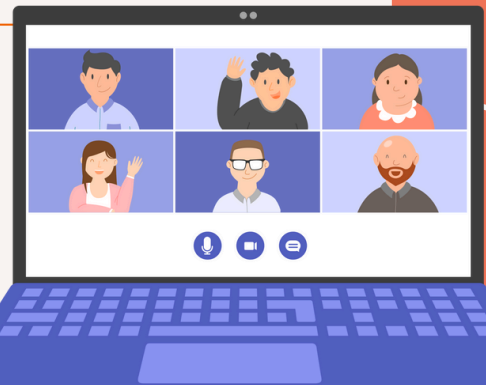
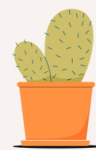
Friday 19th Sept - 10:00 - 11:15am

**25 spaces
available!**

Join our online informal discussion to cover the following areas:

- Creating a home that works for everyone's needs and rhythms
- Supporting sibling bonds
- Navigating family tensions with empathy and realistic expectations
- Letting go of 'perfect' parenting

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.



Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342