

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 May 2022

Pre & Post Assessment workshop - ADHD

Tues 3rd, 10th 17th May at 7pm to 9pm (Maidenhead)

For Parents & carers of children & young people who are waiting for an assessment for ADHD or who have recently been diagnosed

Sensory Processing

Mon 9th May at 7pm to 8.30pm (Online)

This single session intends to support parents and carers to support their child with sensory processing difficulties.

Adolescence

Thurs 12th May at 10am to 12pm (Slough)

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

Autism and Food

Tues 17th May at 6.30pm to 8.30pm (Online)

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

What about me? Supporting Siblings

Thurs 26th May at 6.30pm to 8.00pm (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?

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

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Workshops & Courses...

What's coming Up in June 2022

Girls and Autism

Thurs 9th June at 10am to 12pm (Maidenhead)

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

Pre & Post Assessment workshop Sleep - Autism/ ADHD

Monday 13th June at 7pm to 9pm (Online)

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

Pre & Post Assessment workshop - ADHD

Tues 14th, 21st, 28th June at 7pm to 9pm (Bracknell)

For Parents & carers of children & young people who are waiting for an assessment for ADHD or who have recently been diagnosed

High Alert - When Anxiety Strikes

Thurs 23rd June at 10am to 11.30am (Online)

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

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