

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

What's coming up... April, May & June 2023

 **Girls & Autism - Slough**
Thursday 20th April @ 10am - 12pm

 **Autism & Food- Virtual**
Wednesday 26th April @ 6.30pm - 8pm

 **ADHD Course - Virtual**
Tuesday 09th, 16th & 23rd May @ 7 - 8.30pm all 3 sessions to be attended

 **Over 5's Autism Course - Virtual**
Wednesday 10th, 17th & 24th May @ 7 - 9pm all 3 sessions to be attended

 **Managing Anxiety - Virtual**
Thursday 11th May @ 6.30pm - 8pm

 **Sleep - Autism & ADHD - Virtual**
Thursday 11th May @ 7 - 9pm

 **Sensory Processing - Virtual**
Thursday 25th May @ 7 - 8.30pm

 **Supporting Siblings - Bracknell**
Thursday 25th May @ 10am - 12pm

 **Under 5's Autism Course - Virtual**
Wednesday 7th, 14th & 21st June @ 7 - 8.30pm all 3 sessions to be attended

 **Managing Anxiety - Bracknell**
Thursday 13th June @ 10am - 12pm

 **Adolescence - Maidenhead**
Thursday 15th June @ 10am - 12pm