



# GEMS

Autism & ADHD Support Service  
East Berkshire

## Virtual Coffee Morning

### Friday 7th February

### 10am to 11.15am

**25 spaces  
available!**

Join our virtual coffee morning discussing topics such as cover puberty, adulthood transition, exam stress, social, friendships and relationships.

Celebrate your success with other parents/carers, share your experience and gain support during our coffee morning

**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**

