



# GEMS

Autism & ADHD Support Service  
East Berkshire

## Virtual Coffee Morning - Autism/ADHD and the family

**Friday 20th December**

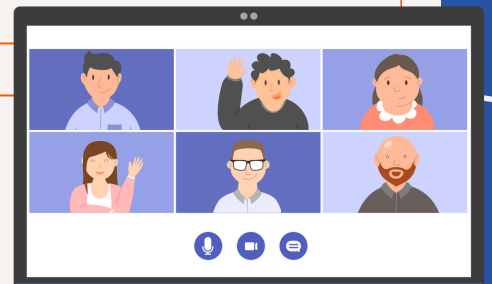
**10am to 11.15am**

**25 spaces  
available!**

Join our online informal discussion to cover the following areas:

- Balancing needs of siblings, parents and the child
- Routines and rituals affecting others at home
- Advocating for your child and managing other family members

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**