



# GEMS

Autism & ADHD Support Service  
East Berkshire

## Virtual Coffee Morning - Demand Avoidance

**Friday 22nd November**

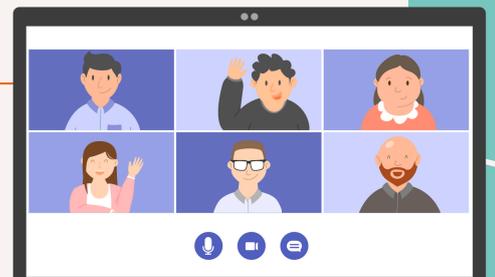
**10am to 11:15am**

**25 spaces  
available!**

Join our online informal discussion to cover the following areas:

- How do you frame demands to get your child engaged?
- How does demand avoidance affect your lives?
- How do you navigate daily routines with demand avoidance?

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](mailto:Gems.4Health@nhs.net)



0800 999 1342