



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning Sleep - Autism and ADHD

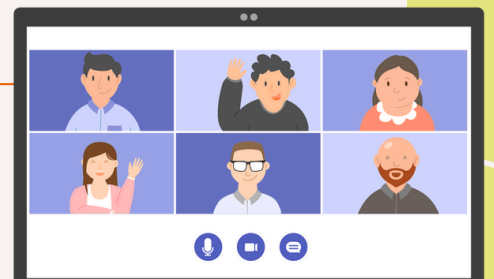
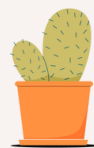
Friday 25th April 10am to 11:15am

**25 spaces
available!**

**Join our online informal discussion to
cover the following areas:**

- What makes sleep and bedtime easier?
- The effects of poor sleep patterns on the family
- Coping with sleep regression and changes in routine

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



0800 999 1342