



# GEMS

Autism & ADHD Support Service  
East Berkshire



01753 373 244 / 0800 999 1342



<https://www.gems4health.com>




[gems.4health@nhs.net](mailto:gems.4health@nhs.net)


## What's coming Up in November & December 2022


GEMS offers information & support to parents & carers of children with, or likely to have autism &/or ADHD within East Berkshire. On offer are, workshops and courses for parents & carers, and social activities for children aged 5 years and above.


**To book onto any of the below workshops please contact GEMS on: 0800 999 1342 or [gems.4health@nhs.net](mailto:gems.4health@nhs.net)**


 **Managing Anxiety - Virtual** - Thursday 10th November 10am to 12pm

 **Pre & Post Autism Over 5s** -- Virtual - Wednesday 9th, 16th, 23rd November 7 to 830pm **all 3 sessions to be attended**

 **Pre & Post Assessment ADHD** - Virtual- Tuesdays 15th, 22nd & 29th November 7pm to 830pm **all 3 sessions to be attended**

 **Autism & Food** - Virtual - Tuesday 22nd November - 630 to 8pm  
- Virtual - Tuesday 13th December - 10am to 1130am

 **Supporting Siblings - Slough** - Thursday 24th November 10am to 12pm

 **Adolescence- Virtual** - Thursday 8th December 630 to 8pm