



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning: Eating and food

Friday 22nd May - 10:00 - 11:00am

Join our online informal discussion.

What to expect?

Respectful and supportive discussion including:

- What works for your family at meal times
- What are your concern areas around eating
- How do you support your child with eating
- How you handle food centric activities and celebrations
- Eating out

**25 spaces
available!**

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/awaiting assessment/diagnosed)

To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning - Family, siblings and homelife

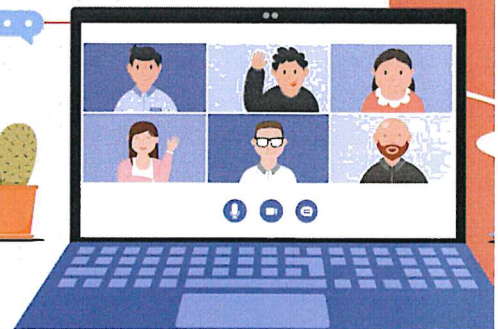
Friday 19th June - 10:00 - 11:00am

**25 spaces
available!**

Join our online informal discussion to cover the following areas:

- Creating a home that works for everyone's needs and rhythms
- Supporting sibling bonds
- Navigating family tensions with empathy and realistic expectations
- Letting go of 'perfect' parenting

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