



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning Emotional Dysregulation - Meltdowns - Shutdowns

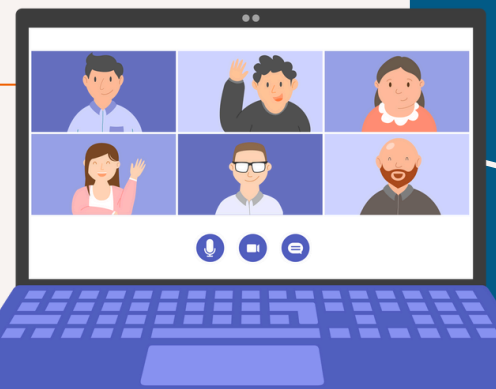
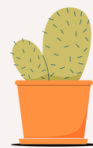
Friday 9th May - 10am to 11:15am

Join our online informal discussion to
cover the following areas:

- Share what dysregulation, meltdowns and shutdowns look like in your home.
- Talk about what helps your child (or doesn't!) when emotions run high.
- Have an open space to share strategies, struggles, and small wins.

**20 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/pathway/diagnosed)

To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342