



GEMS

Autism & ADHD Support Service
East Berkshire

Upcoming Events

SEPT

16

10AM TO 12NOON

***Navigating School
Avoidance***

SEPT

16

7 PM TO 9 PM

***3 Part
ADHD Course***

SEPT

17

7 PM TO 9 PM

***3 Part
Autism Course***

OCT

01

7:30 PM TO 9:30 PM

Managing Anxiety

OCT

7

7 PM TO 9 PM

***NEW - Emotional
Regulation***

COMING
SOON

7 PM TO 9 PM

Sensory Processing

OCT

15

7 PM - 9 PM

***Sleep - Autism &
ADHD***

OCT

16

10 AM TO 12 NOON

Empowering Calm

COMING
SOON

10 AM TO 12 NOON

NEW - PDA



Parenting
Special
Children

NHS

Frimley

