GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning - Parental burnout and balance

Friday 12th Dec - 10:00 - 11:15am

25 spaces available!

Join our online informal discussion to cover the following areas:

- Parental/caregiver burnout
- Navigating family disagreements and finding common ground
- Practical ways to “fill your cup” and recharge
- Open discussion to prepare for the holiday season

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**