



# 1 on 1 Support Sessions

An online or over the phone, 60 minute session  
offering support and advice.

## Suitable for Parents and Carers whom:

- Has a child/young person who may have, waiting assessment or has been diagnosed with Autism or AuDHD (Autism & ADHD).
- Require strategies for a new presenting issue.
- Attended workshops/courses previously and need further advice.
- Want to talk confidentially or uncomfortable with group sessions.
- Are neurodivergent themselves or have access needs.

Available for families residing in, or have a registered GP in East Berkshire.

## To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342

**Sign Up Today!**

