

# What my diagnosis means to me



**Have you or your child recently been diagnosed with Autism or ADHD ?**

**Would you like to understand more about what this means?**

**We are running virtual workshops which will give participants an opportunity to share their experience and understand more about their diagnosis in a safe setting**

**The session will run for up to 1 hour and 30 mins and will have a maximum of 10 attendees.**

**The cost is £20 plus booking fee per session (This event is non refundable).**

**Sessions are running on the following dates:**

**Children ages 8-12 years with autism - Thursday 8th February, 4:15-5:45pm**

**Adults 18+ with autism - Thursday 15th February, 7-8:30pm**

**Adults 18+ with ADHD - Monday 4th March, 7-8:30pm**

**Children ages 8-12 with ADHD - Thursday 7th March, 4:15-5:45pm**

**Sign Up**

**You can view all our events under this link –**  
**[www.ticketsource.co.uk/gems4health-](http://www.ticketsource.co.uk/gems4health-autismandadhdsupport)**  
**[autismandadhdsupport](http://www.ticketsource.co.uk/gems4health-autismandadhdsupport)**  
**or contact: [Gems.4Health@nhs.net](mailto:Gems.4Health@nhs.net)**