



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

OCT
14
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



Frimley

