

Parents in Mind



Support group for parents/carers Autism/ADHD Assessment Waiting List

A **FREE** 6-week online group offering support, guidance, and information for parents of 11-16-year-olds on the assessment waiting list for Autism/ADHD

The group will cover:

- Understanding Autism and ADHD
- Guidance through the diagnostic process
- Coping strategies for everyday challenges
- emotional support & peer connection
- Empowerment & Confidence

Register your interest



Thursday, 25th September 25, at 10AM-11.30AM

(and thereafter, every Thursday, apart from half term in October, at the same time for 6 weeks)

Open to residents of Barnet, Enfield, Haringey, Camden&Islington!

What some parents said about our previous groups

"I've really appreciated the connection, sharing and listening. This group has been really special and much more beneficial than any other group that I have ever attended."

"This group has been a pocket of true brilliance within. I appreciate the dedication, commitment, and enthusiasm from the facilitators and other parents"

"This group has been so useful. I am using strategies that I have learnt from the programme. I am listening and validating more. It has helped me with the conversation flow with my YP"

For more information contact us
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