

Next week at Re:Minds

29th April - 3rd May 2024

Shirley Support Group
Friday 3rd May 10am

A chance to talk to other parents/carers and get advice & support

You can also access the book & sensory library on request

Children Welcome

St James Road Methodist Church, St James Road, Shirley, Southampton, SO15 5HE

Find us via the car park, to the rear of the church, upstairs in Room 7

Please let us know if you require access to the lift




ADHD Advice Clinic

Friday 3rd May 11am

Book a 10 minute private Zoom appointment to speak with Cathy Laver-Bradbury from CAMHS about any issues around ADHD

Email info@reminds.org.uk to book

This clinic is open to all members of Re:Minds

Please email Info@reminds.org.uk to book your space at one of the clinics. You will have at least 10 minutes in a private session, held virtually via Zoom.

You do not need to book to attend the Support Groups or the Online talk- Just turn up!
Please see our 'Events' section for the link to join the Understanding PTSD talk