### Who are



A Southampton based organisation supporting families whose children/young people have Autism, ADHD or other neurodiverse needs and/or mental health needs, with or without a diagnosis.

Run by parents, for parents!

# How we can help



As a peer support organisation, we can offer help in a variety of different ways including:

★ Support Groups

☆ Online Clinics

★ Workshops

☆ Courses

★ Lending Library and much, much more!

# We can support families facing issues with (but not limited to): Respite

**Child to Parent Violence Continence SEND Legal Sensory Processing Advice Crisis** Gender Self Harm Care Anxiety Identity Hospital LGBTO+ **Admissions Schools/Education** Suicidal thoughts/ (including Senco's, idealisation reasonable OT/EP Worrying EHCP's adjustments. **Behaviour** Reports school refusal etc) **Diagnosis** Mental Health Sexuality **ARFID** CETR's **Bereavement** Benefits/ Advoacy **Funding Disorderd ADHD Autism Eating** Social **Adult Mental** Skills **Depression** Health

## **And Many More Things!**





#### www.facebook.com/groups/ReMinds

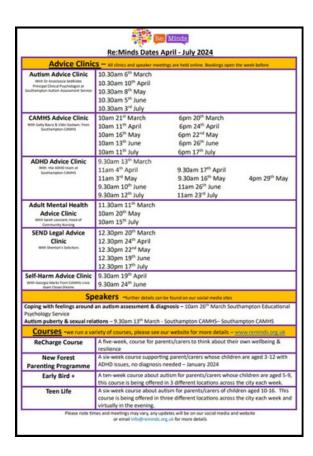


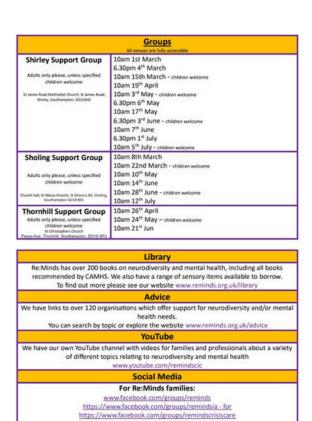


reminds.org.uk

### **Dates for Your Diary:**

Clinics - online through Zoom (email info@reminds.org.uk to book)





For professionals: https://www.facebook.com/ReMindsCIC Twitter - @ReMindsCIC

#### Courses - Dates TBC Email Courses@reminds.org.uk

- ☆ Re:Charge
- ☆ New Forst Parenting Program NFPP
- ★ Early Bird+ (Autism in children aged 5-9)
- ★ Teen Life (Autism in children aged 10-16)