

# 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!

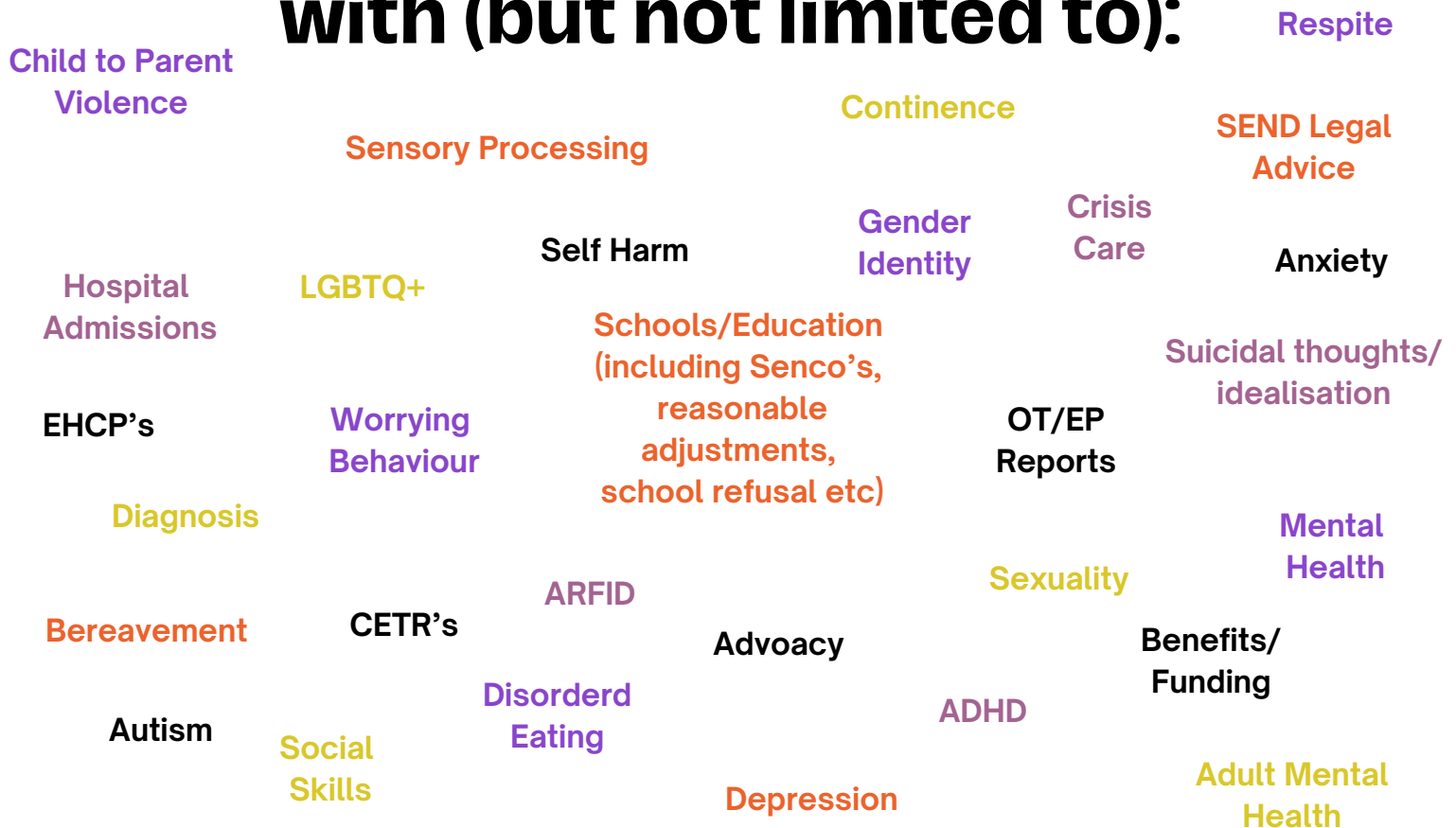
# How we can help

you

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):



# And Many More Things!

# How To

CONTACT US



[www.facebook.com/groups/ReMinds](https://www.facebook.com/groups/ReMinds)



[Info@reminds.org.uk](mailto:Info@reminds.org.uk)



[reminds.org.uk](https://reminds.org.uk)

## Dates for Your Diary:

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

### Autism Advice Clinic

★ 8th November  
10.30am

☆ 13th December  
10.30am

### CAMHS Advice Clinic

★ 8th November 6pm  
☆ 23rd November 10am

★ 6th December 6pm  
☆ 14th December 10am

### Adult Mental Health Advice Clinic

★ 17th November 2pm  
☆ 15th December 2pm

### ADHD Advice Clinic

★ 30th  
November  
10am

### SEND Legal Advice Clinic

★ 15th November 12.30pm  
☆ 6th December 12.30pm

### Shirley Support Group

Room 7, St James Road Methodist Church,  
St James Road, SO15 5HE

★ 6th November 6pm  
(Room 3)

☆ 17th November 10am  
(Children Welcome)

★ 1st December 10am

### Sholing Support Group

St Marys Church, St Monica Road,  
Sholing, SO19 8ES

★ 10th November 10am

☆ 24th November 10am  
(Children Welcome)

**Speakers - Understanding the Role of the Educational Psychologist  
14th November 9.30am (online)**

**Courses - Dates TBC Email [Courses@reminds.org.uk](mailto:Courses@reminds.org.uk)**

★ Re:Charge

☆ New Forst Parenting Program - NFPP

★ Early Bird+ (Autism in children aged 5-9)

☆ >>>> Cygnet (Autism in children aged 5-18)