

# Angels

## AUTISM & ADHD SUPPORT

### for parents/carers of children with ADHD and/or on the Autistic Spectrum

Angels provides individualised, professional expertise and advice for the families of children with Attention Deficit Hyperactivity Disorder (ADHD) and/or Autism. We work alongside parents to build understanding and to empower them to hear their child's voice. Our key aim is to maximise the individual potential of each child and young person. We were formed by, and are led by parents whose children face similar challenges.

We provide:

- Parent support group meetings during the day time in Stevenage and virtually over Zoom.
- Four evening support group meetings a term over Zoom.
- Information, Advice and Strategies on ADHD and Autism.
- Speakers and Workshops relating to ADHD and Autism.
- Support group sessions led by a facilitator – chat with other parents and share ideas and experiences.
- Angels 1 to 1 – individual support to help with particular issues at home and school.
- Website and Facebook page plus a private moderated Facebook group just for members.
- Holiday Activities for Angels Children and their siblings.

For full details of our services please visit our website at:

[www.angelsupportgroup.org.uk](http://www.angelsupportgroup.org.uk)

Do you feel that you would benefit from meeting with other parents/carers of children with ADHD or Autism?

If so, why not come along to Angels.

### **Who is it for?**

Parents and carers of children with a diagnosis of ADHD and/or Autism, or who are being assessed for the above conditions.

### **How much will it cost?**

Membership of Angels is free, but we do ask for members to make a £1 donation at each support group session, if they are able to.

### **How do I join?**

Complete the membership form (available from our website or by emailing or calling below). We will then send you a welcome letter and our latest programme confirming you are a member.

### **When can I attend?**

Once you are a member you can come along to any of our events or meetings.

### **For further details please contact:**

#### **The Angels Team**

Web: [www.angelssupportgroup.org.uk](http://www.angelssupportgroup.org.uk)

Email: [info@angelssupportgroup.org.uk](mailto:info@angelssupportgroup.org.uk)

Tel: 01462 685150

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#### **Note for Professionals:**

If you are a professional working with families with members who have ADHD/Autism and would like to learn more about Angels, then please contact The Angels Team to arrange to visit the group.