

# UNDERSTANDING MY AUTISM / ADHD

**‘My World & Me’<sup>TM</sup>**  
**is a confidence building**  
**12 week course for**  
**autistic young people**  
**and those with ADHD**

These groups provide your child with the opportunity to meet other young people of similar ages and experiences. Focusing on celebrating your child’s strengths, these groups aim to be fun whilst supporting confidence, independence and resilience.

Nessie is proud to be neurodiverse affirmative with the majority of our team having lived experience.

**This is part of a wider project funded by the NHS and Herts CC. For more information visit:**  
**[toolbox.mindler.co.uk](https://toolbox.mindler.co.uk)**



**Hertfordshire and  
West Essex**  
Integrated Care Board



Visit  
**[nessieined.com](https://nessieined.com)**  
to book  
Nessie’s groups

