



# UNDERSTANDING MY AUTISM / ADHD

## 'My World & Me'

**A confidence building 12 week course for autistic young people and those with ADHD**

**Wednesday  
24th April -  
17th June**

**Understanding My Autism:  
Supporting transitions for school  
years 4 to 6 - Online**

**11am-  
12pm**

**Tuesday  
21st May-  
13th Aug**

**Understanding My ADHD: 12-16  
years. My World and Me Boxing  
Group - YMCA Watford**

**3:30pm-  
4:30pm**

**Thursday  
13th June -  
29th Aug**

**Understanding My Autism:  
Supporting transitions for school  
years 4 to 6 - Online**

**11am-  
12pm**

**Wednesday  
19th June -  
4th Sep**

**Understanding My ADHD / Autism:  
Supporting transitions for school  
years 6 to 7 - Online**

**4pm-  
5pm**

To book, please visit [nessieined.com](https://nessieined.com) or click the workshops above.



**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**



*Helping children and young people thrive*

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