



Hertfordshire and  
West Essex  
Integrated Care Board

# Understanding my AUTISM/ADHD

A Range of  
Different  
Offers  
including an  
APP - You  
Choose

- Are you aged 7-16 and have either Autism, ADHD, or both? 🌟
- We are launching some amazing workshops that could help you learn more about yourself and how incredible you are. 💪



Are you ready to embark on an incredible journey of self-discovery? Join us now! 🚀

[thetoolbox.mindler.co.uk](https://thetoolbox.mindler.co.uk)


