

# Understanding my Autism/ADHD

**Do you have a child aged between 7-16 diagnosed with Autism, ADHD, or both?**

We're thrilled to launch a range of exciting offers designed to support children and teens just like yours!

These workshops, are available online and in-person. Led by experienced professionals, sessions will provide tailored strategies to help your young person understand their Autism, and or ADHD, in a fun and engaging way!



Referrals from professionals are welcome, or you can easily sign up your child yourself.

Are you ready to empower your child on their journey of self-discovery?



Find out more here:



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