

Who are



A Southampton based organisation supporting families whose children/young people have Autism, ADHD or other neurodiverse needs and/or mental health needs, with or without a diagnosis.
Run by parents, for parents!

How we can help

you

As a peer support organisation, we can offer help in a variety of different ways including:

- ★ Support Groups
 - ★ Online Clinics
 - ★ Workshops
 - ★ Courses
 - ★ Lending Library
- and much, much more!

We can support families facing issues with (but not limited to):

Child to Parent Violence
 Sensory Processing
 Contenance
 Respite
 Hospital Admissions
 LGBTQ+
 Self Harm
 Gender Identity
 Crisis Care
 SEND Legal Advice
 EHCP's
 Worrying Behaviour
 Schools/Education (including Senco's, reasonable adjustments, school refusal etc)
 OT/EP Reports
 Anxiety
 Diagnosis
 ARFID
 Sexuality
 Mental Health
 Bereavement
 CETR's
 Advocacy
 Benefits/Funding
 Autism
 Social Skills
 Disorderd Eating
 ADHD
 Depression
 Adult Mental Health

And Many More Things!

How To

CONTACT US



www.facebook.com/groups/ReMinds



Info@reminds.org.uk



reminds.org.uk

Dates for Your Diary:

Clinics - online through Zoom (email info@reminds.org.uk to book)

Autism Advice Clinic

- ★ 8th November 10.30am
- ☆ 13th December 10.30am

CAMHS Advice Clinic

- ★ 8th November 6pm
- ☆ 23rd November 10am
- ★ 6th December 6pm
- ☆ 14th December 10am

Adult Mental Health Advice Clinic

- ★ 17th November 2pm
- ☆ 15th December 2pm

ADHD Advice Clinic

- ★ 30th November 10am

SEND Legal Advice Clinic

- ★ 15th November 12.30pm
- ☆ 6th December 12.30pm

Shirley Support Group

Room 7, St James Road Methodist Church,
St James Road, SO15 5HE

- ★ 6th November 6pm
(Room 3)
- ☆ 17th November 10am
(Children Welcome)
- ★ 1st December 10am

Sholing Support Group

St Marys Church, St Monica Road,
Sholing, SO19 8ES

- ★ 10th November 10am
- ☆ 24th November 10am
(Children Welcome)

**Speakers - Understanding the Role of the Educational Psychologist
14th November 9.30am (online)**

Courses - Dates TBC Email Courses@reminds.org.uk

- ★ Re:Charge
- ☆ New Forst Parenting Program - NFPP
- ★ Early Bird+ (Autism in children aged 5-9)
- ☆ >>>> Cygnet (Autism in children aged 5-18)