



Special Educational Needs  
and Disability Information,  
Advice & Support Service

**sendiass**

## **Autism and ADHD – simple strategies and resources**

SENDIASS is hosting a free one-hour session for parents and carers in Suffolk where Dr Annie Clements from 'Autism and ADHD' will be exploring simple strategies and resources to support you to:

- Help your child deal with their overwhelm
- Be able to unpack triggers
- help your child to make choices
- Discover simple ways to reduce anxiety
- Help your child self-reflect and make changes

**3<sup>rd</sup> November 2021      6pm – 7pm**

**[Click here to register](#)**

***"This is the first time I feel like I have been in the room with someone who just gets it, so by default gets me and my children. The value that brings is huge. Thank you so, so much."***

**Parent with a diagnosis**