

Next week at Re:Minds

11th - 15th March 2024

Adult Mental Health Clinic

Monday 11th March 11.30am

Sarah Leonard, Head of Adult Community Mental Health Services will be able to give advice and information for anyone needing mental health advice for themselves or their young person over 18.

Parents are welcome to attend with their young person

NHS
Hampshire and Isle of Wight



Wednesday 12th March 10.30am

You can book a private 10 minute virtual appointment to speak with a clinician about any issues related to Autism via Zoom

The clinic is led by the Southampton Autism Assessment Service and is open to all members of Re:Minds

Please contact Info@reminds.org.uk to book

Please note they are unable to give advice about CAMHS services outside of Southampton



Wednesday 13th March
9.30am

Book a 10 minute private Zoom appointment to speak to Cathy Laver-Bradbury from CAMHS about any issues around ADHD

This clinic is open to all members of Re:Minds. Email info@reminds.org.uk to book



Support Group Shirley

Friday 15th March 10am

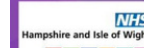
A chance to talk to other parents/carers and get advice and support.

You can also access the book and sensory library on request.

Children welcome

St James Road Methodist Church, St James Road, Shirley, Southampton.

Find us via the car park to the rear of the church and up the stairs in Room 7. Please let us know if you require access to the lift.



Autism, Puberty & Sexual Relations Talk

Wednesday 13th March 9.30am



Join Re:Minds and CAMHS for a talk around aspects of Puberty and Sexual Relations to find out more about what it is like for an autistic person and ways in which parents/carers can support them through this tricky time

The talk will be recorded and published on our YouTube site after

If you can't attend, or don't feel comfortable asking questions, we can do that on your behalf, please email Info@reminds.org.uk

To book your space at the clinics, please email Info@reminds.org.uk

Joining instructions for the talk are in the events section

No need to book for the groups - just turn up!



with thanks to

