

Marvels and Meltdowns

**ADHD & Autism Family Centre
@ Little Waves**

**Parent / Carer
Support Groups**

**Friday 10:00 - 12:00
Monday 12:30 - 14:00**
(term time only)

£2 per adult



**Unlimited
hot drinks**

We are a parent-led, not-for-profit, registered charity supporting families with children affected by ADHD, Autistic spectrum Conditions (ASC) and Sensory Processing Disorders (SPD) across Hampshire through the provision of our NEW family Centre.

Children and siblings welcome!

**Call us today on;
02392 603625**



**St Vincent College
Campus, Mill Lane,
Gosport, Hampshire,
PO12 4QA**

To encourage inclusion, connection,
integration and empowerment to our
families through a wealth of knowledge and
understanding

info@marvelsandmeltdowns.org.uk

NO DIAGNOSIS NEEDED

We are a parent / carer support group that meets twice weekly to share the ups and downs of life with children affected by ADHD, ASC & SPD. We do NOT ask for a diagnosis as we all know that getting the diagnosis is half the battle - all we ask is that you have expressed your concerns with a health care professional. All our members are at different stages of the roller coaster journey and together we have a wealth of knowledge, experience, strategies and advice. We love to meet new faces and we completely understand how nerve wracking it is walking through the door into a group environment for the first time, so please don't hesitate to let us know what we can do to put you at ease. Children are more than welcome, just as long as they aren't off sick from school and we ask you to bring a comfort from home to help ease their anxieties. We are a support group so you won't find any cliques in our community - we are all in the same boat going through the same daily struggles...and remember...we get it!

www.marvelsandmeltdowns.org.uk

U.K. Registered Charity Number 1164529