



Marvels and Meltdowns

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

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.

 **Parent / carer
Support Group** 
@ The Carers Centre

NEW PORTSMOUTH VENUE!
No Diagnosis Required

 **Portsmouth Carers Centre,** 
117 Orchard Road, Portsmouth,
Southsea. PO4 0AD

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

We are a parent / carer support group that meets twice weekly at our Gosport Family Centre and once a month in our Portsmouth venue to share the ups and downs of life with children affected by ADHD, ASC & SPD. We do NOT ask for 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!

Contact us today on; 02392 603625

info@marvelsandmeltdowns.org.uk

www.marvelsandmeltdowns.org.uk

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

U.K Registered Charity Number 1164529