

# ASD/ADHD/ADD Support Group for Parents and Carers

**Next meeting: Friday 22<sup>nd</sup> September 9:30-11:30am  
North Berwick Community Centre**

If you are a parent or carer of a child or young person who has Autism, ADHD/ADD and live in East Lothian (or they are in the process of being assessed) you are very welcome to join our newly formed support group. We are currently meeting every 4-6 weeks in North Berwick Community Centre.

There is a private Facebook Group where details of the meetings are advertised. To be added, please message parent volunteers Jemma (07929 053102), Sarah (07834 489403) or Kate (07531 453916) for a link.

The initial aims of the group are to

- offer peer support
- share ideas, experiences, and concerns
- reduce isolation
- celebrate successes with people who understand

