



UNDERSTANDING MY AUTISM / ADHD

'My World & Me'

A confidence building 12 week course for autistic young people and those with ADHD

Wednesday
1st May-
24th June

Understanding My Autism:
Supporting transitions for school
years 4 to 6 - Online

11am-
12pm

Tuesday
21st May-
13th Aug

Understanding My ADHD: 12-16
years. My World and Me Boxing
Group - YMCA Watford

3:30pm-
4:30pm

Thursday
13th June -
29th Aug

Understanding My Autism:
Supporting transitions for school
years 4 to 6 - Online

11am-
12pm

Wednesday
19th June -
4th Sep

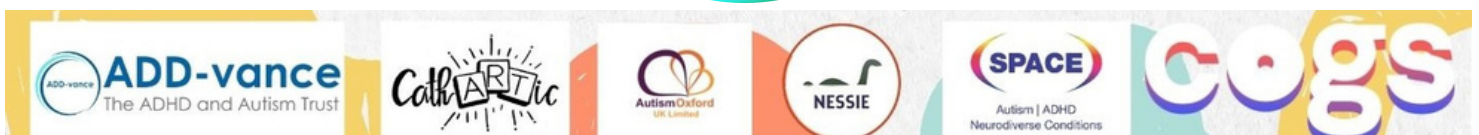
Understanding My ADHD / Autism:
Supporting transitions for school
years 6 to 7 - Online

4pm-
5pm

To book, please visit nessieined.com or click the workshops above.



This is part of a wider project funded by the NHS and Herts CC. For more information visit: toolbox.mindler.co.uk



Helping children and young people thrive

NESSIE IN ED CIC. Company registered in England & Wales number: 11719406