



## Join Our Community – ADHD & ASD!

Become part of a community that understands and supports. Our FREE online ADHD, and ASD sessions are more than just learning opportunities—they're a chance to connect, grow, and thrive together.

- Understanding ASD in children (a bitesize, online, 1 week session)
- Understanding ADHD in children (a bitesize, online, 1 week session)
- Understanding ADHD & ASD In Girls (online, 4 sessions over 4 weeks)

Whatever your situation, our non judgemental sessions have got it covered.

Sign Up!  
Scan the QR code, or  
Visit our website [acessex.com](https://acessex.com)  
and type **ASD** or **ADHD** in to the  
'Find a course...' box



SCAN ME