

Are you a parent or carer of a child or young person with **Autism** or **ADHD**?

Compass offers guidance to help point you in the right direction!

Finding the support you need for a child or young person with **Autistic Spectrum Disorder (ASD)** or **Attention Deficit Hyperactivity Disorder (ADHD)** can be difficult and confusing.

- **The Compass helpline** will help you access the range of services available to you.
- **Parent Workshops** enable you to build skills and develop strategies to support your child.
- **Parent Support Groups** let you meet parents or carers whose children have similar needs and support each other.

Contact us

 07388780512 10am-12pm, Mon-Thurs

 compass@bvsc.co.uk

 [bexleyvoice.org.uk/
compass-asdadhd-support](http://bexleyvoice.org.uk/compass-asdadhd-support)



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