



Building
stronger
families

West Norfolk & Breckland ASD/ADHD Support Project

With children home from school for what may be a considerable time, Mary & Susan from this Family Action project would like to offer telephone or email support to any Parents or Carers with children affected by ASD or ADHD, with or without a diagnosis. Our groups and workshops are not running at the moment but we recognise that these children will be more affected than most by the change in routine and enforced confinement.

We won't be able to solve all your problems but we can listen empathetically and offer advice and support. You can cry, moan or let off steam. We hope that we can offer a lifeline if you are feeling isolated or alone.

Please phone our office on 01760 720302 or 725801 where a message will be taken and passed on to us. Or phone Mary directly on 07724680141 Or Email Susan.wood@family-action.org.uk or Mary.key@family-action.org.uk

www.family-action.org.uk

Family Action
24 Angel Gate
City Road
London
EC1V 2PT

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