

ADHD & AUTISM PARENT AND CARER SUPPORT GROUP SESSION

Do you require support around a recent diagnosis, understanding your child's needs or navigating all aspects surrounding ADHD and Autism? If so, please join the Sikh Neurodiversity Networks FREE parent and carer support group session at **Guru Nanak Gurdwara Luton, 2A Dallow Road, Luton, LU1 1LY** on **22 April 2023 (Saturday)** from **midday to 13:30**.

This session is being coordinated by both the **Sikh Neurodiversity Network** and **Gurmat Khangura** the Founder and Executive Director of **AG & Co Health**.

Gurmat Khangura:

With over 15 years of experience in the mental health field, his specialism lies in complex neurodiverse conditions such as ADHD & Autism, and mood disorders including anxiety & depression. At AG & Co Health, he leads the ADHD Practice, running the assessment, diagnosis and treatment of children and adults with this condition.

Gurmat works within the private sector and the NHS where he works in the **Children & Adolescent Mental Health Services (CAMHS)**, covering Telford & Wrekin and Shropshire. His approach is patient-centred and evidence-based and offers expert advice and resources to children, parents, academics and other professionals.

Gurmat is currently studying towards a doctorate at Keele University with a research interest in Autism and ADHD. Gurmat completed the Autism assessment training in the application of ADOS and ADI-R from a world-leading academic from **Cambridge University**. Gurmat also completed a postgraduate Psychiatry Therapeutics Certificate in 2018 from Aston University, and subsequently completed a postgraduate Clinically Enhanced Pharmacist Independent Prescriber qualification, achieving a distinction in both. Gurmat completed a postgraduate clinical diploma in 2014 from Keele University after studying towards a Masters of Pharmacy from De Montfort University in 2009.

If you would like to meet Gurmat Khangura or you simply want to find out a little bit more information then please join us at Guru Nanak Gurdwara Luton on the following date:

Date: 22 April 2023 (Saturday)

Time: 12:00 to 13:30 (BST)

Address: Guru Nanak Gurdwara Luton, 2A Dallow Road, Luton, LU1 1LY



(Gurmat Khangura)



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