



Do you require support around a recent diagnosis, understanding your child's needs or behaviour or navigating all aspects surrounding ADHD and Autism?

Then please join our FREE parent and carer training session on Saturday the 20 May 2023. The session will be chaired by Dr Pawan Rajpal a consultant from the Priory Hospital and a Fellow of the Royal College of Psychiatrists. Dr Pawan Rajpal specialises in Autism, ADHD, PTSD, addictions and complex health diagnoses.

We will cover the following topics as well as an audience Q&A:

- **How to manage challenging behaviours.**
- **What communication techniques work best with those with lifelong neurological characteristics such as Autism?**
- **The importance of working together to eradicate the stigma of additional needs in our community.**

Date: 20 May 2023 (Saturday)

Time: 13:30 - 15:30 (BST)

Address: Gurdwara Sri Guru Singh Sabha Slough, Bhai Mani Singh Learning Centre (New Classroom), Sheehy Way, Berkshire, Slough, SL2 5SS.

N.B. No booking is required. Open to all members of the Sangat. The training session will be run in both English and Punjabi.

For more information please contact Mr Carlos Arbuthnott (Human Rights Officer & Project Coordinator at the Sikh Human Rights Group) via:

carlos.arbuthnott@shrg.ngo



(Dr Pawan Rajpal)

