



**We are a local
registered charity
(1164529)
supporting
families across
Hampshire who
are living with
autism and/or
ADHD.**

**No diagnosis is
required to access
any of our
services.**

**Weekly parent /carer support
group every Friday (term time
only) 9.30 - 11.30**

**121 support sessions available
Monday - Thursday**

**Online monthly
evening support group
(via Zoom)**

**Structured activities available for
the whole family during half terms
and school holidays not open to the
public**

**Drop in community space where anyone is
welcome to speak to an experienced
volunteer over a coffee**

**Closed online Facebook group to access
support, advice and local services from
other parents /carers**

Closed Facebook group : Marvels and meltdowns adhd and autism family support group

Email : info@marvelsandmeltdowns.org.uk

Tel : 01329 756857

The Phoenix Centre, 1 Phoenix way, Gosport PO13 0BE