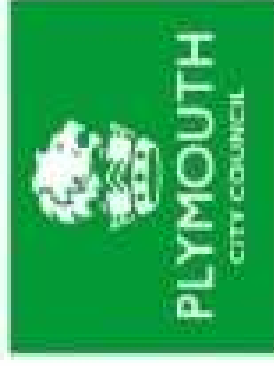


A Me & My Friends



A Me & My Friends, is a group for young people who predominantly have ASD and ADHD although we also take other forms of disabilities and learning issues.

Access is through a referral process either through a professional body or through self-referral, to obtain a form please see contact details below.

Ages 11+

**Based in the Efford youth centre
Wednesdays 5pm-7.15**

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Plymouth City Council Youth Service