

**A free daytime course
for parent/carers**

**Facilitated by Specialist
ADHD/Autism Trainers
from ADD-vance**



ADD-vance Understanding ADHD 6 week course for parent/carers

**This 6-week course is designed to meet the needs of parent/carers
with children age 5-14 years with a diagnosis or suspected
diagnosis of ADHD**

**Thursdays 10.00 am - 12.00 pm
on**

**10th, 17th, 24th, 31st January,
7th, 14th February 2019**

(all sessions must be attended)

at

**Southdown Family Centre, Dark Lane
Harpenden AL5 1QA**

Please book via Eventbrite:

<https://add-vance-understanding-adhd-6-wk-course-harpenden.eventbrite.co.uk>

Places are limited so please do book early to avoid disappointment

This course is open to residents of Hertfordshire only

ADD-vance

The ADD-vance ADHD and Autism Trust

Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Herts AL10 0RN

Helpdesk: 01727 833963 Email: Herts@add-vance.org

Web: www.add-vance.org Reg. Charity No. 1158968



Who is this course for?

Parent/carers of children and young people, aged 5-14, with a diagnosis or suspected diagnosis of ADHD. This course is not relevant for parent/carers who have recently attended the six week Time Out course for ADHD and Autism

Every course is bespoke to the needs of each group. Learning Outcomes may include:

- Understanding ADHD, related conditions and medication
- Developing emotional literacy
- Understanding and managing anxiety
- The dos and don'ts of rules and boundaries
- Understanding anxiety and developing strategies to manage and regulate emotions
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Managing the needs of siblings
- Education and how to advocate for your child

When and where will the course take place?

Southdown Family Centre, Dark Lane, Harpenden AL5 1QA

On Thursdays from 10th January 2019 to 14th February 2019, 10.00 am to 12.00 pm

How do I book a place?

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