

**A free evening 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 7 pm - 9 pm  
on  
10th, 17th, 24th, 31st January,  
7th, 14th February 2019  
(all sessions must be attended)**

**at  
Meryfield Community Primary School  
Theobald Street  
Borehamwood WD6 4PA**

**Please book via Eventbrite:  
<https://add-vance-understanding-adhd-6-wk-course-hertsmere.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](mailto:Herts@add-vance.org)  
Web: [www.add-vance.org](http://www.add-vance.org) Reg. Charity No. 1158968**



### **Who is this course for?**

Parent/carers of children and young people aged 5-14 years 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?**

The Touchdown Centre, Meryfield Community Primary School, Theobald Street, Borehamwood, WD6 4PA

On Thursdays from 10th January 2018 to 14th February 2018, 7 pm to 9 pm

### **How do I book a place?**

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