

**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 of children aged 5-14 years with a diagnosis or suspected diagnosis of ADHD

**All sessions take place on Tuesdays between 10 am - 12 pm
on**

**14th, 21st, 28th January
4th, 11th, 25th February 2020
(all sessions must be attended)**

at

**Sopwell Family Centre, Mandeville Drive,
St Albans AL1 2LD**

For bookings, please book via Eventbrite:

<https://add-vance-understanding-adhd-stalbans-spring2020.eventbrite.co.uk>

Please note, this course is open to Hertfordshire residents only

Places are limited so please do book early to avoid disappointment

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 aged 5-14 (or 4 and already in reception), with a diagnosis, or suspected diagnosis, of ADHD

What will be covered by the course?

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

- Understanding ADHD and related conditions
- Understanding sensory needs
- Developing emotional literacy
- Understanding and managing anxiety
- Understanding how to set boundaries and use positive behaviour methods
- 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?

At the Sopwell Family Centre, Mandeville Drive, St Albans AL1 2LD

On Tuesdays from 14th January to 25th February 2020 (no session half term week)

Time: 10 am to 12 pm

How do I book a place?

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Please contact Andrea at bookings@add-vance.org with any queries