

A free evening course
for parent/carers of children
aged 5-14

Run 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 age 5-14 years with a diagnosis or suspected diagnosis
of ADHD

**All sessions take place on Wednesdays between 7 pm - 9 pm
on**

**15th May, 22nd May, 5th June,
12th June, 19th June, 26th June
(all sessions must be attended)**

at

**The Alban Way Family Centre, Sherwood Park,
Sherwood Avenue, St Albans AL4 9QL**

For bookings, please book via Eventbrite:
<https://add-vance-understanding-adhd-st-albans-summer-2019.eventbrite.co.uk>

Please note, this course is only open to Hertfordshire residents

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, Hertfordshire 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, 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, 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?

At the Alban Way Family Centre, Sherwood Park, Sherwood Avenue, St Albans AL4 9QL

On Wednesdays from 15th May to 26th June 2019, 7 pm to 9 pm

(No session during half term)

How do I book a place?

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