A free daytime 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 aged 5-14 years with a diagnosis or suspected diagnosis of ADHD

All sessions take place on Wednesdays between 10am - 12noon on
26th February, 4th, 11th, 18th, 25th March, 1st April 2020
(all sessions must be attended)
at
KIDS Hub East, Divot Place, (off Hamels Drive)
Hertford SG13 7SP

For bookings, please book via Eventbrite:
https://add-vance-understanding-adhd-hertford-spring-2020.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

Hertfordshire

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. This course is not suitable for anyone who has recently attended an ADD-vance Understanding ADHD or Autism course recently

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?

On Wednesdays from 26th February to 1st April 2020 from 10am to 12pm

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How do I book a place?

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For queries, please contact Andrea at bookings@add-vance.org