



FREE Workshops to support parents/carers of families who have children with ADHD.

We are delivering workshops, support groups and parenting support programmes for parents of children with ADHD and we aim to:

- *Educate parents/carers to a good understanding of the nature of their child's ADHD condition*
- *Support families whilst they are awaiting a diagnosis from CAMHs*
- *Reduce parental depression, stress and dysfunctional parenting*
- *Equip parents with tools to manage very difficult and challenging behaviour displayed by their child*
- *Foster positive relationships between parents/carers and their child*
- *Parents/carers will be more confident and put routines in the home that work*
- *Children begin to make better choices and become better at self-management*

The next ADHD parent workshop, **understanding ADHD will be held:**

On: Wednesday 11th July

Time: 12:30pm until 3pm

At: Community Barnet, Barnet House, 1255 High Rd, London N20 0EJ

To book a place telephone; 0203 638 8080. email andrea@addiss.co.uk Or book directly at; <https://www.eventbrite.co.uk/e/understanding-adhd-for-parents-a-formula-for-success-tickets-47740899315>

The next Drop in Support Groups to be held in July will be held:

On: Tuesday 10th July

Time: 9:30am until 12pm

Venue: Fairway Children's Centre, The Fairway, NW7 3HS

AND

On: Tuesday 17th July

Time: 09:30am until 11am

Venue: Queenswell Junior School, Sweetsway, Whetstone, N20 0NQ

Anyone can just turn up to the drop in, no need to book.

If you wish to make a professional referral to our service please request a referral form.