

**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](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 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?**

Please book via Eventbrite:

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Places are limited, so please do book early to avoid disappointment