

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 Thursdays between 10 am - 12 pm  
on

19th September, 26th September, 3rd October  
10th October, 17th October, 24th October  
(all sessions must be attended)

at

Meryfield Community Primary School, Theobald Street  
Borehamwood WD6 4PA

For bookings, please book via Eventbrite:

<https://add-vance-understanding-adhd-hertsmere-autumn-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. This course is not suitable for parent/carers who have recently attended an ADD-vance six week ADHD or Autism course

## **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 Touchdown Centre, Meryfield Community Primary School, Theobald Street, Borehamwood WD6 4PA

On Thursdays from 19th September to 24th October 2019, 10 am to 12 pm

## **How do I book a place?**

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<https://add-vance-understanding-adhd-hertsmere-autumn-2019.eventbrite.co.uk>

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Please contact Andrea at [bookings@add-vance.org](mailto:bookings@add-vance.org) with any queries