

**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 Mondays between 10 am - 12 pm  
on**

**16th September, 23rd September, 30th September  
7th October, 14th October, 21st October  
(all sessions must be attended)**

**at**

**The Nurture Room, Andrew Lane Primary School,  
Andrews Lane, Cheshunt EN7 6LB**

For bookings, please book via Eventbrite:  
<https://add-vance-understanding-adhd-cheshunt-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 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 Nurture Room, Andrews Lane Primary School, Andrews Lane, Cheshunt EN7 6LB  
On Mondays from 16th September to 21st October 2019, 10 am to 12 pm

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

Please book via Eventbrite:

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

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

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