



Navigating you and your family through the world of ADHD

Authentically ADHD Parenting Programme and Support Group

Reserve your place on the ADHD Parenting Programme and Support group starting on 2nd October 2019

Venue:- The Corner House. Heaton Road. Newcastle. NE6 5RP.

Meet in the private function room at 6.30pm. Ends at 8pm.

- Meet other parents of children with ADHD. Share your experiences and learn from others.
- Learn about ADHD from a specialist who has ADHD herself and is raising children with ADHD
- Increase your understanding of your child and the impact ADHD has on them and your family.
- Improve your relationship with your child and feel more in control.
- Learn to be your child's advocate and ensure they are benefiting from all the support available to them
- Take time out to think about how best to look after yourself and your family. Raising a child with any additional needs can be challenging and exhausting; we need to look after ourselves as well as our children.
- Learn techniques and strategies to calm your child and help them to understand their ADHD.
- Your child does not have to have a diagnosis of ADHD as there will be support for parents who are facing challenges whilst their children are waiting to be assessed.



Contact me via Facebook at Authentically ADHD

Or 07435030699

For further details or to book your place.