

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 Tuesdays between 10 am - 12 pm  
on**

**1st, 8th, 15th, 22nd October  
5th, 12th November 2019  
(all sessions must be attended)**

**at**

**Hitchin Quaker Meeting House, 1 Paynes Park,  
Hitchin SG5 1EH**

For bookings, please book via Eventbrite:  
<https://add-vance-understanding-adhd-hitchin-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 Understanding 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 Hitchin Quaker Meeting House, 1 Paynes Park, Hitchin SG5 1EH

On Tuesdays from 1st October to 12th November 2019, 10 am to 12 pm

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

Please book via Eventbrite:

<https://add-vance-understanding-adhd-hitchin-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