



# COME AND JOIN US FOR ...

- ...group or 1:1 support
- ...individual, family and professional support
- ...bitesize workshops or bespoke, full staff training
- ...online or in person support

## WHAT PEOPLE SAY ABOUT US

"My life has improved significantly since attending the course"

"Before, the course my life was like groundhog day, now I am taking control back"

"I never realised how much I have been allowing others to influence my behaviour and how I see myself"



## COURSES

Introduction to ADHD – introducing you to the basics of ADHD

123 Magic for Parents – an easy to learn, effective behaviour management course, packed full of helpful strategies

123 Magic for Teens – managing and understanding your teen, how to set limits and listen sympathetically while they strive for independence

Resilience And Me – a solution focused programme aimed at adults experiencing mental health or emotional difficulties



Closed Adult Support Group

Closed Parents Support Group

Support for Professionals

Support for Individuals



1:1 surgery

Support for Families

Workshops

Online Resources

Signposting

Training Courses



## JOIN OUR SUPPORT NETWORK

ADHD is a very misunderstood neurological difference, and getting a chance to meet and share experiences and coping strategies with others outside of the clinical setting is important.

These groups are open to all individuals and parents and carers of children who have been diagnosed with ADHD or who suspect they may have ADHD.

