



## Understanding ADHD: 5-week Course for Parents and Carers in the DSPL7 Area Only Run by SPACE

### ABOUT THE COURSE

**SPACE** are pleased to announce that they are now licensed to deliver the **ADHD Foundation's Parent/Carer Skills Building Programme in Hertfordshire**. *This programme has been developed over a number of years and is well established in many parts of the country.*

Parents/Carers will gain further understanding and knowledge of their young person's condition and build a toolbox of strategies to support family life.

The modules will consist of:

- Understanding and managing ADHD
- Praise and criticism
- Organisational aids
- Learning styles
- Diet and nutrition

### DETAILS

**DATE:** Every Friday from 27<sup>th</sup> September – 25<sup>th</sup> October 2019

**TIME:** 10:00 am – 12:30 pm

**VENUE:** Margaret Wix Primary School, High Oaks, St Albans, Hertfordshire, AL3 6EL

**COST:** Free to parents and carers in the DSPL7 area

**PARKING:** Parking is available on the street, unless attendees have a blue disabled badge

**REFRESHMENTS:** Provided

**TO BOOK:** Email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Please note there are limited spaces available

