

FOR PARENTS AND CARERS IN STAFFORDSHIRE



Supporting Children and Young People with

ADHD



There will be opportunities for parents to share, and plan helpful ideas and strategies on **Tuesday 18th November 2014** at **Uttoxeter Racecourse** 9.30am – 2.30pm

This course will provide practical strategies to help support:

- Communication and structure
- Managing strong emotions such as anger, sadness and isolation
- Providing structure at key flash point times
- Strategies for managing behaviour
- Activities that provide relaxation

Booking is essential, to book a place please contact Tracy Munday on 01785 356930 or email skillshare@staffordshire.gov.uk



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