



Do you have a primary school age child with ADHD (3-11 years of age)?

Or you may be wondering if your child has ADHD and wanting to know how to best support them?

Join us for a 6-week programme that shares ideas developed by clinicians working in the New Forest. The facilitators will share information about ADHD and ideas and strategies aimed at helping you to get the balance between:

- accepting your child as they are
- supporting them to build their skills
- minimising your stress as parents

The programme runs for 2 hours a week over the course of 6 weeks.

If you are interested, please email your child's name and DOB and your name, phone number and email address to the Children and Families Hub... and we will be in touch with further details.

Email: [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)



Children, Young People, Education and Skills