

# Parent Workshops



## Living with ADHD

Wednesday 26<sup>th</sup> January 9:15-10:45am

ADHD is a clearly defined clinical condition and not just a label for naughty or badly raised children. During this workshop, we'll look at what ADHD actually is and we'll explore helpful strategies to try at home when managing some of the most challenging symptoms of ADHD.

### Future workshops:

- 23<sup>rd</sup> Feb: Wellbeing in the home
- 30<sup>th</sup> March: The Curriculum at NCA
- 27<sup>th</sup> April: Wellbeing through Music
- 25<sup>th</sup> May: Supporting your son's literacy
- 29<sup>th</sup> June: Taking steps towards a healthy lifestyle