

Parent Workshops



Managing ADHD

Wednesday 9th November at 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:

- 14th December - Christmas Crafts
- 11th January – Wellbeing
- 8th February – Trampolining
- 8th March – Music Wellbeing
- 19th April – Jewellery making
- 10th May – Construction
- 14th June – Baking