

**Free
course**

Time out for ADHD

Need some friendly advice but don't know who to ask?

We are running a course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. It will take place at **Saltash Children's Centre** on a Tuesday 09.30-13.30pm. **Starting 17/04/2018** and finishing on **22/05/2018**. This programme will be facilitated by Family Workers.

The course covers:

- Increased understanding
- How ADHD affects the individual
- Practical suggestions to try at home
- Support and advice
- Includes rewards, routines and rules that work and much more!

Further information contact:

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To request a place: Visit
www.cornwall.gov.uk/earlyhelphub

and follow Parenting Support link.

