



**Free
course**

Passionate About ADHD

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

We are running a 6 week course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. We have a programme starting in June 2020 in Looe.

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!



Course runs at Looe Family Hub on a Tuesday 9.30-12.00 noon. Beginning 09/06/20 and finishing 14/07/20. This programme will be facilitated by Family Workers.

For more information visit: www.cornwall.gov.uk/earlyhelpclub and follow Parenting Support link.

For further details contact: **Benn Clarke, Parenting Lead: 01752 847419** or **07805 139 539**



Together 
for Families

Youth Work Drop In



Drop in support for young people and parents /
carers

Youth Workers can help you with:

- ❖ Being safe on social media
- ❖ Relationships with peers, partners and parents
- ❖ Understanding your young person's needs and behaviours
- ❖ Advice on positive parenting and how to keep your child safe

Looe Community Academy – Integrated Health Hub – Alternate Wednesdays
Jan 15th & 29th, Feb 12th & 26th, Mar 11th & 25th
Apr 22nd, May 6th & 20th, June 3rd & 17th, July 1st & 15th

13:30 to 14:30 drop in for young people

14:30 to 15:30 drop in for parents / carers

Saltash.net - Alternate Thursdays

Jan 16th & 30th, Feb 13th & 27th, Mar 12th & 26th

Apr 23rd, May 7th & 21st, June 4th & 18th, July 2nd & 16th

12.00-13.00 drop in for parents / carers

13.00 to 14.00 drop in for young people

Behaviours That Challenge



Drop In Support Group

- Do you find your child's behaviour challenging?
- Would some friendly support and advice be helpful?

If you would like to be able to talk in confidence and meet other parents with similar challenges, then come along. We are here to help and support you!

- All parents and carers are welcome

Behaviours that Challenge Drop in Support Group

Launceston Family Hub,
Coronation Park, PL15 9DQ
Tuesdays 13.00-15.00

Saltash Family Hub,
Plougastel Drive, Saltash,
PL12 6DX
Thursdays 13.00-15.00

25th February 2020
28th April 2020
30th June 2020
25th August 2020
27th October 2020
15th December 2020

30th January 2020
27th February 2020
26th March 2020
23rd April 2020
28th May 2020
25th June 2020
23rd July 2020

Contact us for more information:

Launceston

jordan.baker@cornwall.gov.uk

Call: 07483 333462

Saltash

karen.batchelor@cornwall.gov.uk

Call: 07973 813546

**Free
course**

Passionate About the Spectrum

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

We are running a 6 week course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. The next course will start in April 2020 in Liskeard.

The course covers:

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



Course runs at Liskerrett Centre, Liskeard on a Thursday 9.30-12.00 noon. Beginning 16/04/20 and finishing 21/05/20. This programme will be facilitated by Family Workers.

For more information visit: www.cornwall.gov.uk/earlyhelpclub and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting Lead: 01752 847419 or 07805 139 539 bennclarke@cornwall.gov.uk



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