



Attention Parents

Are you parenting a child with ADHD?

Join our **Parents Plus 'Children's ADHD Programme'** and meet other parents of children aged 6-12 in a supportive group to help your child reach their full potential.

- Supporting parents to:**
- Personally cope and manage stress
 - Understand ADHD and how to help your child
 - Problem-solve and deal with challenges
 - Understand the role of medication

- Supporting children to:**
- Have a positive understanding of ADHD
 - Gain confidence and self-esteem
 - Navigate school and homework
 - Manage feelings and build friendships

An 8 week long supportive group taking place every **Thursday evening**
From **29th January 2025 to 26th March 2026** (excluding half term break).

It will take place in **Patchway Children's Centre** from **6.00pm – 8.30pm**.
The course will be facilitated by family support workers from the Families Plus 5-18 Team.

For more information, or if you would like to make a referral, please contact us by email on ParentingADHD@southglos.gov.uk



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An 8 week long supportive group taking place every **Thursday morning**
From **29th January 2025 to 26th March 2026** (excluding half term break).

It will take place in Kingswood Hub from **10:00am – 12:30pm**.
The course will be facilitated by family support workers from the Families Plus 5-18 Team.

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