family lives

Anxiety around ADHD

The workshop helps parents and carers navigate:

- What is ADHD
- Understanding why a child with ADHD may also have anxiety
- Explore strategies to help support you and your child
- Signposting to other support that is available

Wednesday 18 March 7pm to 9pm or

Thursday 26 March 9.30am to 11.30am

Online via MS Teams

To book your place, call **Lesley** on **020 4522 8701**, email **services@familylives.org.uk** or scan our QR code to use our online referral form

We build better family lives together

www.familylives.org.uk @familyLivesHertsandBeds

Scan Me!

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