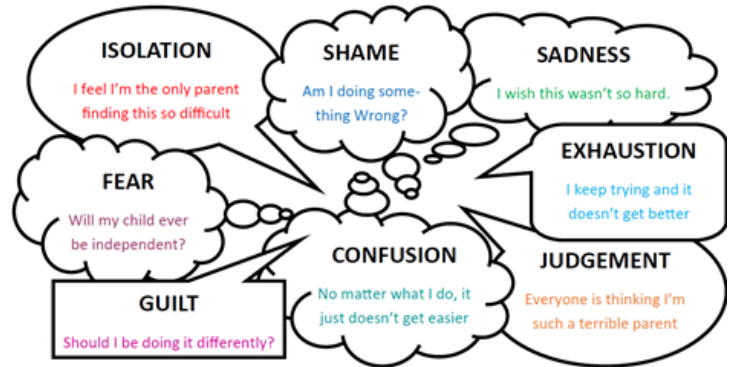


Understanding Signs of ADHD

DO YOU RECOGNISE SOME OF THESE CHALLENGES?

No matter if you are new to ADHD or have been managing it for some years, this program will help you to rekindle your passion for parenting.



The content includes:

- Up to date information on ADHD and how ADHD impacts on your child's ability to carry out daily tasks and why it can be challenging.
- What does being a "good parent" mean today?
- Parenting Strategies and tools which are known to work with ADHD.
- Managing defiant behaviours and setting boundaries
- Understanding how your emotions impact how you parent
- Methods to manage your emotions and the benefits of looking after yourself.

The facilitators have hands on experience with their own children who have ADHD.

Date: Tuesdays 14th, 21st and 28th May

Time: 10:00am -12:30pm

Venue: East Waikiki Primary School
21 Gibb Rd, Cooloongup WA 6168

Cost: Free

Crèche: Unavailable

To register or for more information please contact
Communicare on 9251 5777 or parenting@communicare.org.au