

Hereford and Worcestershire ADHD Support Programme

Understanding and Supporting My Child's ADHD - For Parents Whose Child Has a Diagnosis of ADHD

Learn About...

- Neuroscience of ADHD
- ADHD Characteristics and Presentations
- Co-Occurring Conditions
- Sensory Integration
- Executive Functioning
- Lifestyle and environments
- Mealtimes
- Sleep
- Movement
- Emotional regulation
- Strategies to support all of the above



Register Now

Secure your place on our 3-part webinar series delivered online via Zoom.

Remember to book onto one Session 1, one session 2, and one Session 3.



Herefordshire and Worcestershire

Click or Scan the QR Code To Book Your Place On
a Live Webinar... Remember to Book All Three, a
Session 1, a Session 2, and a Session 3 Date.

Session 1 Dates

Session 2 Dates

Session 3 Dates



Thursday 30th Jan
19.00-20.15



Thursday 6th Feb
19.00-20.15



Thursday 13th Feb
19.00-20.15



Thursday 27th Feb
10.00-11.15



Thursday 27th Feb
13.00-14.15



Thursday 27th Feb
19.00-20.15



Monday 17th Mar
13.00-14.15



Monday 24th Mar
13.00-14.15



Monday 31st Mar
13.00-14.15



Wednesday 19th Mar
10.00-11.15



Wednesday 26th Mar
10.00-11.15



Wednesday 2nd Apr
10.00-11.15



Wednesday 9th Apr
10.00-11.15



Wednesday 9th Apr
13.00-14.15



Wednesday 9th Apr
19.00-20.15



Tuesday 25th Mar
19.00-20.15



Tuesday 1st Apr
19.00-20.15



Tuesday 8th Apr
19.00-20.15



Thursday 10th Apr
10.00-11.15



Thursday 10th Apr
13.00-14.15



Thursday 10th Apr
19.00-20.15