



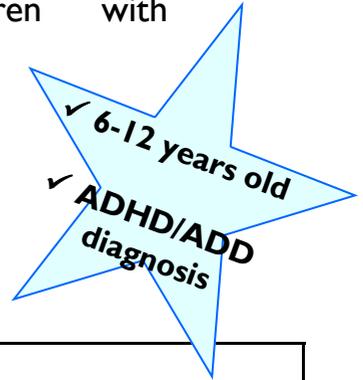
# PARENTS inc

## \*in control



A series of 6 workshops run by the Clinical Psychology Department for parents / carers of children with ADHD / ADD.

Workshops take place in **Kirkcaldy, Dunfermline, Glenrothes** and **St Andrews** between **10am and 12noon**, covering the following topics:



Week 1	An overview of ADHD
Week 2	Positively Parenting Children and Young People with ADHD
Week 3	How to help your ADHD child with their development
Week 4	How to deal with challenging behaviour
Week 5	ADHD reward programme and planning ahead
Week 6	Review



**For any queries contact Amira Oudeh on 01383 565400.**

## What other families have said about previous workshops:

“It was good to hear that we're not alone.”

“It was great being able to share and listen to other families experiences”

“I gained a huge amount of information about ADHD and have learned to understand my child's behaviour better and also that I need to praise him more”

“It was informal and friendly and not too big a group. “

“We found the workshops extremely helpful - a lot of information and new ideas to try. Also found it beneficial that we can share experiences with other parents”

“ . . meeting other parents in similar situations, finding out about different strategies to try”