

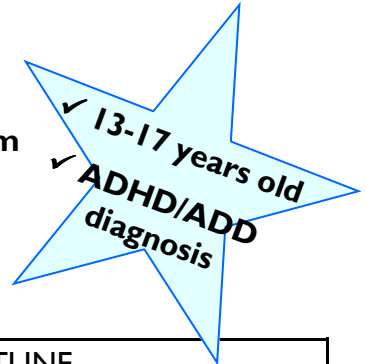


# Young People \*in control



A series of 5 workshops run by the Clinical Psychology Department for parents / carers of teenagers with ADHD / ADD

Workshops either take place between **10am and 12noon** or **1:30 and 3:30pm** in venues across Fife covering the following topics:



	PARENT GROUP OUTLINE
Week 1	An overview of ADHD
Week 2	Understanding and Influencing Teen behaviour
Week 3	Positive Family Strategies
Week 4	Managing Challenges
Week 5	Planning for the future

**For any queries contact Caroline Gray on 01383 565400.**



## What other families have said about previous workshops:

“Clear, realistic advice. Age-specific material and advice”

“It made me feel like I wasn't alone. Really helped me to stop and think about everything instead of causing arguments”

“I liked the opportunity to meet other families who experienced similar issues to myself”

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

“Everone in the group had the same situation asnd was able to discuss what they were doing and maybe learn to try new ways of dealing with ADHD ”

“ . . I feel more confident when dealing with the problems. I think I'll be more able to stop problems esacalating”