

Parent Education and Support Group

UNDERSTANDING ADHD

FREE!



A two session program for parents and carers, designed to help understand and support children with an ADHD diagnosis.

To be held at:

Bundaberg Library
49 Woondooma Street

Session 1:

- Understanding ADHD
- Family Survival Tips

Tuesday 29 November, 9.30am – 1.30pm

Session 2:

- Home & School Management
- Reducing Parent Stress

Tuesday 6 December, 9.30am – 1.30pm

*Please note that to be eligible to attend; your child **must** have a diagnosis of ADHD from a paediatrician.*

Group size will be strictly limited to 10 parents/carers; and you **must** attend both sessions.

**** Sorry, no childcare available ****

This group aims to provide an opportunity to meet other parents and carers who are experiencing challenges in raising a child who has a diagnosis of ADHD.

An often misunderstood condition, you will receive up to date information on the nature of ADHD and strategies for helping the family cope. We will also discuss ideas on how to build your child's self-esteem and ways to develop strong positive relationships within the family, as well as addressing parent stress.



For more information
and to register, contact:

BUSHkids Bundaberg Centre

On 4152 3799



You do not need to be an existing client of BUSHkids.

Presenters: Elise Osborne – Provisional Psychologist