

Anxiety around ADHD

This free workshop helps parents and carers navigate:

- What is ADHD
- Understanding why a child with ADHD may also have anxiety
- Explore strategies to help support you and your child
- Signposting to other support that is available



Monday 13 July

7pm to 9pm

Online via MS Teams

SCAN ME



To book your place, call **Lesley** on **020 4522 8701**, email **services@familylives.org.uk** or scan our QR code to use our online referral form

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