

## WHO'S IT FOR?

General - Anyone who wants to know more about and gain an understanding of ADHD including those considering seeking a diagnosis/ with a diagnosis, family & friends of ADHD adults

Workers - individuals working with ADHD people or who want to know more about ADHD from a work perspective

Parents - Parents, Family & Friends of children, young people and young adults with an ADHD diagnosis, awaiting assessment for ADHD or displaying ADHD traits

# ADHD TRAINING

## 'AN INTRODUCTION TO ADHD'

## HOW DO I BOOK A PLACE?

Email: [angie@matthewshub.org](mailto:angie@matthewshub.org)

Phone: 01482 221028

Please state which sessions you are interested in

## WHEN IS IT?

### 2024 training dates

#### General

21st February, 10.00 - 12.30  
15th May, 10.00 - 12.30  
21st August, 10.00 - 12.30  
20th November, 10.00 - 12.30

#### Workers

27th ~~FULLY BOOKED~~ - 12.00  
19th June, 9.30 - 12.00  
18th September, 9.30 - 12.00  
11th December, 9.30 - 12.00

#### Parents

17th January, 10.00-12.30  
17th April, 10.00-12.30  
17th July, 10.00 - 12.30  
16th October, 10.00 - 12.30

## WHERE IS IT?

Online delivery

