

# TIME OUT FOR ADHD & ASD

A course for parents and carers of a child/children aged 6-14 years with an ADHD/ASD diagnosis

This **FREE** 6 week course is facilitated by Specialist Behavioural Coaches from ADD-vance and delivered to encompass the needs of parents - enabling them to further develop their skills in supporting their children

For information on the course please contact:  
ADD-vance on 01727 833963  
email: [herts@add-vance.org](mailto:herts@add-vance.org)



## When and where:

10.30-12.30 on

Tuesday 26 January  
Tuesday 02 February  
Tuesday 09 February  
Tuesday 23 February  
Tuesday 02 March  
Tuesday 09 March

at Redbourn and Villages Children's Centre, Long Cott, Redbourn AL3 7EX

- Refreshments provided
- Transport maybe available

**FREE!  
BOOK  
EARLY!**

To reserve a **FREE** place, please contact:  
Chris Engstrom on 01582 626727 or 07540 705967  
Email: [chris.engstrom@stlukes.herts.sch.uk](mailto:chris.engstrom@stlukes.herts.sch.uk)

Places are limited so please apply before 19 January 2010

Parents who live (or have children attending schools) in St Albans or Dacorum Districts will be given priority

If transport prevents you attending please contact Chris Engstrom

