



# Time Out from ADHD/ASC 10–15 yr olds

**\*\*\*FREE\*\*\***

6 week programme focusing on the emotions of having a child with ADHD/ASD's. Exploring coping with difficult feelings, whole family impacts, managing challenging behaviour, encouraging positive behaviour.

**Taking care of yourself!**



## Compass

**Wednesdays 15, 22, 29 Sept and  
6, 13, 20 October  
7pm - 9pm**

**Berkhamsted Youth Centre, Lagley  
Meadow, Douglas Gardens, Berk HP4 3PE**

**For further information and to book your  
place please contact:**

**Jan Garwood**

**Parent Support Worker**

**0779 1800 496**

**[psw.berkhamsted@hertsexterndedschools.org.uk](mailto:psw.berkhamsted@hertsexterndedschools.org.uk)**



**Families In Focus CIC**  
LOOKING FORWARD TOGETHER