

## EXTRA SUMMER SESSIONS

Thursday  
20th July  
18:00 - 20:00



### Supporting a Child with ADHD

interactive session explaining what ADHD is and offering a range of interventions that can make lasting differences.

Thursday  
27th July  
18:30 - 20:30

### Anxiety Explained

Whether it is your anxiety or your children's, what exactly is it and how do we manage it?

Thursday  
3rd August  
18:30 - 20:30



### Drug Awareness talk for Parents

Cannabis, vaping, ketamine, energy drinks? How much do you know? what are the risks? Increase your knowledge and awareness of the issues.

### Videos to rent for £5

Understanding the Teenage brain

Cannabis Awareness

Introduction to ADHD