

YADT presents

# Time Out For Parents



## Children with ADHD

**Sessions for anyone parenting children with ADHD  
aged 3 - 11 years**

This course is run by our behavioural team who have extensive experience working with families and young people with diverse needs.

### Date

Every Tuesday, 7pm to 9pm  
6th March - 20th March 2018

### Venue

North Cray Neighbourhood Centre,  
1 Davis Way, Sidcup DA14 5JR

### Cost

£50

### For more information

Contact YADT on 020 8308 3862  
or email [yadt@sky.com](mailto:yadt@sky.com)



[YouthActionDiversityTrust.co.uk](http://YouthActionDiversityTrust.co.uk)



@YADTBexley

**positiveparenting**

Common sense, jargon-free information and ideas to help  
you to engage with your children and boost your relationship

