

# Nurturing ADHD kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD

## LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

**Phone: 0731 116 7485**

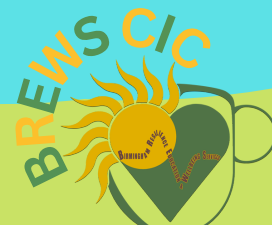
**Email: [contactus@brewseducation.org](mailto:contactus@brewseducation.org)**

## What parents have said about this course

*This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.*

*Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.*

*Very informative, friendly, no pressure, enjoyable sessions*



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## NEW GROUPS STARTING SOON!

Free online 6 week course for parents and carers  
Each session is 90 minutes

### Next half term's courses

**Tuesdays 7 - 8.30pm**

**starting Tuesday 29th April**

**Register [HERE](#) or use QR code**



**Wednesdays 10- 11.30am**

**starting Wednesday 30th April**

**Register [HERE](#) or use QR code**



**Registration closes at  
5 pm on Monday 28th April**

If you miss the deadline, email us at  
[contactus@brewseducation.org](mailto:contactus@brewseducation.org) and you can  
join the next one starting in June



Funded by