

# NEW TO ADHD ?

## COME AND HAVE A CHAT

POST-DIAGNOSIS INFORMATION GROUP

THURSDAYS 10AM - 12

July 20th, September 21st, October 5th, November 16th, December 7th.

Cant make the date? email and we will do our best to find another



Receiving a diagnosis of ADHD for your child or teenager can be a confusing time. What does it mean? Is it my fault? Am I the only person dealing with this? What do I do next and where do I start?

At ADHD Richmond, in collaboration with the NHS, we have developed a two hour information session where you can meet other parents and learn about the diagnosis, treatments, school impact and local services and sign up for behaviour support sessions. Plus, you will discover the wealth of support and information available in the Borough once you know where to look. Open to Richmond and Kingston parents

Book onto a session via email at [valerieivens@me.com](mailto:valerieivens@me.com) or [info@adhdrichmond.org](mailto:info@adhdrichmond.org)

