



Being a Parent : ADHD

A free, 10 week group

To support Lambeth parents with children aged 5-12 years with ADHD

Thursdays 10:00-12:30

Clapham Manor Children's Centre,
SW4 6AT

2nd May— 11th July

(Break for half term 30th May)

- Looking after yourself as a parent
- Recognising and managing children's emotions
- Learn positive parenting strategies
- Improving family life

Sign up at:

www.Lambeth.gov.uk/Parenting

or scan the QR code



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South London and Maudsley 
NHS Foundation Trust

