

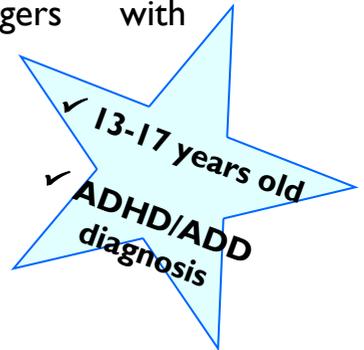


Young People *in control



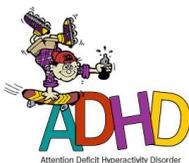
A series of 5 workshops run by the Clinical Psychology Department for parents / carers of teenagers with ADHD / ADD

Workshops take place in **Kirkcaldy**, **Glenrothes** or **Dunfermline**, covering the following topics:



	PARENT GROUP OUTLINE
Week 1	An overview of ADHD
Week 2	Understanding and Influencing Teen behaviour
Week 3	Positive Family Strategies
Week 4	Managing Challenges
Week 5	Planning for the future

For any queries contact Amira Oudeh on 01383 565400.



What other families have said about previous workshops:

“It was good to hear that we're not alone.”

“It was great being able to share and listen to other families experiences”

“I gained a huge amount of information about ADHD and have learned to understand my child's behaviour better and also that I need to praise him more”

“It was informal and friendly and not too big a group. “

“We found the workshops extremely helpful - a lot of information and new ideas to try. Also found it beneficial that we can share experiences with other parents”

“ . . meeting other parents in similar situations, finding out about different strategies to try”