

## New series of free monthly workshops for parents

Do you think your child may have ADHD or are they on the waiting list for an assessment?

- Come along and hear about helpful information and strategies.
- Meet other parents and professionals



Led by  
CAMHS and  
the  
Educational  
Psychology  
Service

Sign up here:

<https://sendpowerinharingey.eventbrite.com>



### Upcoming sessions:

Tuesday 21<sup>st</sup> October 2025 - ADHD and executive functioning

Tuesday 18<sup>th</sup> November - ADHD and sleep

Tuesday 16<sup>th</sup> December - ADHD and support in school

Time: 10 - 11.30am

Place: Chestnuts Community Centre (N15 5BN)

# New series of free monthly workshops for parents

## Who can attend these workshops?

These workshops are for any parent/carer whose children:

- live and/or go to school in Haringey
- and/or have a GP in Haringey



## What are these workshops about?

These are interactive workshops where you will have the chance to get accurate information around ADHD from practitioners, ask questions, and meet and chat with fellow parents/carers.

There will be individual sessions on a range of topics - attend when you can, sign up in advance if possible.

## What topics will be discussed?

Future topics for workshops next term (Spring 2026) include:

- ADHD: pros and cons of diagnosis and medication
- ADHD over the lifespan
- ADHD and managing behaviour
- ADHD and emotion coaching
- ADHD and screen time
- ADHD and the development of attention

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