



Attention Deficit Hyperactivity Disorder

Scottish Charities Registration No: SC027742



- ✓ Are you the parent, guardian or carer of a child with ADHD (Attention Deficit Hyperactivity Disorder)?
- ✓ Do you work with children who have ADHD?
- ✓ Would you like to find out more about strategies and support that could help someone with ADHD?

ADHD Aberdeen & North East (Scotland) is a voluntary group of parents and professionals. We offer support, advice and information to individuals with ADHD, their families and professionals. You can contact us via our website [www.adhd-aberdeen.org.uk](http://www.adhd-aberdeen.org.uk)

## Parent to Parent Support Meetings

7 September 2017  
12 October  
16 November  
18 January 2018  
22 February  
29 March  
3 May  
7 June (AGM)

Parent to parent support meetings provide an opportunity to chat to other parents in a relaxed and confidential setting and discuss what it is like to parent a child with ADHD. We share experiences and strategies and focus on the positive

Meetings/talks take place on Thursdays at **Orchard Brae School**, Howes Road Aberdeen AB16 7RH  
6.30 – 8.00pm.

Parent support meetings are free.

If you wish to attend, please contact **Orchard Brae School**

[www.adhd-aberdeen.org.uk](http://www.adhd-aberdeen.org.uk)