



ADHD Post Diagnosis

This workshop is for parent carers of children and young people who have been diagnosed with ADHD in the last 12 months.

The workshop will provide information and support to Bexley parents and carers following their child or young person's ADHD diagnosis.

The workshops are co-presented by Karen Upton, a retired Bexley GP and Stacey Yusuf from Bexley Voice, who both have vast lived experience.

Karen explains some of the medical model and terms you may have heard on your journey and some practical strategies on how to help your child.

Stacey shares information about resources and support you can get, local to Bexley and nationally.

Face-face daytime and online evening sessions are available.

www.bexleyvoice.org.uk

Health Workshop

Daytime 10am-12noon:

- Tuesday 23rd September 25
- Tuesday 16th December 25

Danson Youth Centre

Bexleyheath

DA7 4EZ

Evening 7pm-9pm:

- Wednesday 12th November 25
- Wednesday 11th February 26

Via MS TEAMS

Our free health workshop series provide Bexley Voice members with the opportunity to get information and gain new skills relating to your child or young person's condition (pre- and post-diagnosis). You will access peer parent-to-parent insights, feel less isolated, increase resilience and have more strategies to cope.

Advance booking required at:
<https://forms.office.com/e/5av5iaMph0>

or scan the QR code:

