



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-to-face daytime and online evening sessions are available.

www.bexleyvoice.org.uk

Health Workshop

Various dates and times are available.

Workshops will be held at:
The Danson Youth Centre
Bexleyheath, DA7 4EZ
or
Online, via MS TEAMS

See our Events Calendar
<https://bexleyvoice.org.uk/calendar/>
for the full range of workshops.

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:

