

Living With ASD & ADHD



This **FREE** 6 session course is an opportunity for parents to share feelings & experiences & discover solutions to problems based on what works – not what's meant to work!

The lead facilitator has first hand experience of a child with special needs.

- Home/School Issues
- Understanding ADHD & ASD
- Discovering new and recognised ways of managing behaviour & feelings

Dates: *Tues 21st, 28th Feb, 6th, 13th, 20th, 27th March 2012*

Time: *7pm to 9pm*



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natural flair

coaching and consultancy to improve personal performance

