

Supporting Parents & Carers: Child & Adolescent Mental Health Workshop

Saturday 8th February 2020

A **FREE** event facilitated by the ADHD Foundation that will equip parents & carers with a toolkit of expert advice and support on key issues relating to child and adolescent mental health.

The day will cover topics such as:

How to identify mental health conditions

The impact upon child development and education

Comorbidity and Adverse Childhood Experiences

Strategies to support the emotional wellbeing of your child or teenager, including nutrition



This workshop is brought to you by Avon Park School in Rugby, an independent, specialist day school for boys and girls aged 6-16. The school is committed to providing a creative, caring and innovative learning environment for pupils to achieve their full potential in their education and social communication.

Our mental health workshops are facilitated by ADHD Foundation, a registered charity that works in partnership with individuals, families, doctors, teachers and other agencies to improve emotional wellbeing, educational attainment, behaviour and life chances through better understanding and self-management of ADHD, ASD and related learning difficulties.



Event Date: Saturday 8th February 2020 **Time:** 10.00am - 4.00pm

Venue: Avon Park School, St John Avenue, Rugby, CV22 5HR

Book online by visiting www.witherslackgroup.co.uk/events/avonpark-mentalhealth



For more information contact Camilla or Rukiya on 0844 880 6520 or email events@witherslackgroup.co.uk

