



SPACE in partnership with the ADHD Foundation are pleased to offer ...

SUPPORTING YOUR CHILD'S / YOUNG PERSON'S MENTAL HEALTH CONFERENCE

Dr Tony Lloyd CEO - ADHD Foundation
Emma Weaver - A specialist Neurodevelopmental Children's
Early Years Therapist & Trainer

Date: Tuesday 14th May
Arrival from: 9am
Workshop Time: 9.45am - 2.30pm
Place: Cheshunt Marriott Hotel
Halfhide Ln,
Broxbourne
EN10 6NG

Refreshments, Light Lunch & deligate pack will be provided
Please ensure you register your car on arrival at reception

This conference for parents and carers of children with SEND will focus on issues such as anxiety, depression, improving sleep, nutrition and emotional resilience. An activity based interactive training programme will enable parents and carers to identify when their child is struggling and how to enable their child to develop daily habitual lifestyle changes and stress reduction strategies to support their emotional well being. The training will have a particular focus on developing the skills to reduce learner anxiety relating to school homework and exam related anxiety.

Limited spaces available, charge payable in advance:
Parent/Carers £27.50 per place for the day

TO BOOK YOUR PLACE PLEASE GO TO:
<https://spacehertsevents.typeform.com/to/KkD5x2>