

**A free daytime course  
for parent/carers of children  
aged 5-14**

**Run by specialist  
ADHD/Autism Trainers  
from ADD-vance**



# **Time Out for ADHD & Autism**

**This 6-week course is designed to meet the needs of parent/carers and  
to help them build on existing skills in supporting their  
children with ADHD and Autism**

**Thursdays 10am - 12pm  
on  
19th, 26th April,  
3rd, 10th, 17th, 24th May 2018  
(all sessions must be attended)  
at**

**Centrepoint Community Centre, Raphael Drive  
Watford, WD24 4GY**

**Please book online at [www.add-vance.org](http://www.add-vance.org)  
Places are limited and this course is always popular and oversubscribed,  
so please do book early to avoid disappointment**

**Please note, this course is open to Hertfordshire residents only**

## **ADD-vance**

**The ADD-vance ADHD and Autism Trust  
Working to support people with ADHD and Autism in Hertfordshire**

**Foundation House, 2-4 Forum Place, Hatfield, Herts AL10 0RN  
Helpdesk: 01727 833963 Email: [Herts@add-vance.org](mailto:Herts@add-vance.org)  
Web: [www.add-vance.org](http://www.add-vance.org) Reg. Charity No. 1158968**

