

UNDERSTANDING ADHD

A day that focuses on skills and strategies, for parents, carers and professionals supporting a child with ADHD. Hampshire CAMHS Colleagues will be hosting this day alongside parents / carers with lived experience.

Understanding your child with ADHD, support, strategies and tips. Led by the Hampshire CAMHS ADHD team.

Support for SEN in education & what to do if it's not working. Led by Gayle Moir, SENDIASS Services Manager.

ADHD nervous system differences, sensory systems, emotional regulation, stress response, attention regulation, and executive functioning, Led by Courtney Freedman-Thompson-coach and wellbeing facilitator and lived experience.

9.30am - 3.30pm

**Wednesday,
14 May, 2025**

Thorngate Hall, Bury Road
Gosport, PO12 3QX

**Wednesday,
24 September, 2025**

Proteus Creation Space,
Council Road, Basingstoke
RG21 3DH

Tickets £20
Tea and coffee
included

