

# Midvale Hub Parenting Service Perth (North East)



MIDVALE HUB

## Parenting Your Child with ADHD

For parents and carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater.

This 4 session program is designed for parents of children with ADHD.

Facilitated by Susan Hughes ADHD Parent Coach and Educator.

Learn more about:

- Up to date information on ADHD and how ADHD impacts on your child's ability to carry out daily tasks and why it can be challenging
- What does being a 'Good Parent' mean today?
- Parenting strategies and tools which are known to work with ADHD
- Managing defiant behaviours and setting boundaries
- Understanding how your emotions impact how you parent
- Methods to manage your emotions and the benefits of looking after yourself



<b>Where:</b>	<b>Child and Parent Centre Arbor Grove,</b> Brookmount Drive, Ellenbrook (across from Sparrow Early Learning Ellenbrook)
<b>When:</b>	Mondays 9, 16, 23 & 30 May, 2022 <i>*Participants must be able to attend all sessions</i>
<b>Time:</b>	10am – 12noon
<b>Cost:</b>	<b>FREE</b> – registration is essential
<b>Crèche:</b>	Limited places available. Please call the venue to book – 08 9263 2845

**For more information and to register, please contact:**

Name: Midvale Hub Parenting Service (Perth North East)  
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Supported by



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Shire of Mundaring Children's Services