



# Time Out for ADHD and ASD

A free evening course for parents/carers of children aged 5-14  
run by Specialist ADHD/ASD Trainers from

## **ADD-vance**

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

**Wednesdays 7.00pm – 9.00pm**  
**22<sup>nd</sup>, 29<sup>th</sup> March, 19<sup>th</sup>, 26<sup>th</sup> April, 3<sup>rd</sup>,**  
**10<sup>th</sup> May 2017**  
**(all sessions must be attended)**

**At**  
**The KIDS Hub,**  
**Divot Place,**  
**Hamels Drive,**  
**Hertford, SG13 7SP.**

For bookings or for more information about the course, please complete  
the application on our web site [www.add-vance.org](http://www.add-vance.org)

Please note that this course is only open to Hertfordshire residents

Places are limited and this course is always popular and oversubscribed  
so please book early to avoid disappointment

