



CAHDS Parent Information Sessions

The Complex Attention Hyperactivity Disorders Service (CAHDS) will be offering a series of parent information sessions during 2018. These sessions will run for 2 hours each and will be held at the CAHDS office in Murdoch. The information sessions are intended for parents with children/adolescents who have a diagnosis of ADHD. However, parents whose children/adolescents do not have a diagnosis of ADHD, but have significant attention difficulties and are interested in the sessions, are welcome to attend. A series of two parent sessions will be run over the course of the year with each session being run during a morning time slot to accommodate parents' availability. The timetable of the sessions is attached.

The current information session topics we will be presenting are:

- 1. Family self-care/stress management for parents (including the impact of ADHD/ challenging behaviours on the family)**
Presented by Clinical Psychology / Clinical Nurse Specialist
- 2. Understanding your child's behaviour (including reasons for behaviour and impact of other factors on children's behaviour)**
Presented by Clinical Nurse Specialist

Additional topics may be presented in the future and you will be advised when this occurs.

If parents are interested in attending any of these sessions they will need to register their attendance as places are limited. Please ask parents to contact CAHDS on **9360 1650** to register for the session/s they would like to attend. All sessions are stand-alone sessions and parents can attend any or all of the sessions.

Unfortunately we are unable to offer a crèche or child minding facilities during these sessions. Tea, Coffee and relevant handouts will be provided. There is no cost to attend these sessions other than parking fees of \$3 per hour.

Yours sincerely

The CAHDS Team