

ADHD Parenting Group

A chance for parent support and a great socialising opportunity!

**Emotions, executive functioning, sleep,
diet, activity, parenting issues**

When: The last Thursday of every month,



6pm-7pm: education sessions (email to book place)

7pm-8pm: parent support group (drop in)

This group is for parents ONLY, no children please

Where:

Healthy Young Minds

Treehouse Unit

Stepping Hill Hospital

SK2 7JE

Contact Details:

Telephone - 0161 716 5868

Call To Enquire About A Place or email

pcn-tr.camhsadminstockport@nhs.net

January 31st 2019	Parenting
February 28th 2019	Emotions
March 28th 2019	Executive functioning
April 25th 2019	Sleep
May 30th 2019	Diet/Activity
June 27th 2019	Parenting
July 25th 2019	Emotions
August 29th 2019	CANCELLED
September 26th 2019	Sleep
October 24th 2019	Diet/Activity
November 28th 2019	Parenting
December 26th	Boxing day