



CALMS for ADHD

Coping and Learning new Management Strategies

Are you 16 and 25 years with a diagnosis of ADHD?

Would you like to learn more about the diagnosis and explore strategies to support you?

This 6 week course aims to help you find new ways to have a positive experience of being ADHD. It will help you identify your skills and strengths, as well as help you with practical solutions to make everyday life easier for you.

Starts Wednesday 25th January – Wednesday 8th March
(No session on the 15th February)

4. 30 – 5.30pm

Centre for ADHD & Autism Support, Television House,
269 Field End Road, Eastcote HA4 9XA

If you would like to attend please scan the code below and complete the online form:



Or email blaise@adhdandautism.org who will send you the link