

## HAVERING ADULT COLLEGE

# Supporting Families with ADHD

**Develop an understanding of attention deficit hyperactivity disorder (ADHD) and learn new strategies to support your child**

*This free six-week course aims to give you an awareness of day to day challenges and equip you with strategies to support your child with ADHD.*



Through the course you will gain an understanding of attention deficit hyperactivity disorder (ADHD), the causes of the condition and the effect it can have on an individual and others. You will gain an understanding of ways in which ADHD can be managed.

### Course Details

Course Code	Course Title	Venue	Day	Start Date	Times
FLA207	Supporting Families with ADHD	Bower Park	Wed	26/02/2020	19:00 – 21:30
FLA208	Supporting Families with ADHD	Bower Park	Fri	28/02/2020	10:00 – 12:30
FLA209	Supporting Families with ADHD	Bower Park	Tues	29/04/2020	19:00 – 21:30
FLA210	Supporting Families with ADHD	Bower Park	Mon	01/06/2020	12:30 – 15:00

*For more information about these and other courses please contact our Centre Support team on **01708 434955***

Bower Park Centre, Havering Adult College, 472 Havering Road, Romford RM1 4HR

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# Supporting Families with Anxiety

**Develop an understanding of anxiety and learn new strategies to support your child**

*This free six-week course aims to give you an awareness of day to day challenges and equip you with strategies to support your child with anxiety.*



Through the course you will gain an understanding of anxiety, the causes of the condition and the effect it can have on an individual and others. You will gain an understanding of ways in which anxiety can be managed.

### Course Details

Course Code	Course Title	Venue	Day	Start Date	Times
FLA211	Supporting Families with Anxiety	Bower Park	Mon	06/01/2020	19:00 – 21:30
FLA212	Supporting Families with Anxiety	Bower Park	Wed	26/02/2020	19:00 – 21:30
FLA213	Supporting Families with Anxiety	Bower Park	Thu	04/06/2020	19:00 – 21:30

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## Supporting Families with Autism

**Develop an understanding of autism and autistic spectrum disorder and learn new strategies to support your child**

*This free six-week course aims to give you an awareness of day to day challenges and equip you with strategies to support your child with autism.*

Through the course you will gain an introduction to autistic spectrum disorder, covering what is meant by 'autism', theories and diagnosis. You will also look at common misconceptions associated with autism and conditions that can occur with autism.



### Course Details

Course Code	Course Title	Venue	Day	Start Date	Times
FLA203	Supporting Families with Autism	Bower Park	Wed	08/01/2020	19:00 – 21:30
FLA204	Supporting Families with Autism	Bower Park	Tues	25/02/2020	19:00 – 21:30
FLA205	Supporting Families with Autism	Bower Park	Tues	25/02/2020	12:30 – 15:00
FLA206	Supporting Families with Autism	Bower Park	Wed	29/04/2020	19:00 – 21:30

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## Understanding Challenging Behaviour

**Develop an understanding of what constitutes challenging behaviour and learn skills to tackle it.**

*This free five-week course aims to give you strategies to use with your child to tackle behaviour which is deemed to be challenging, both at home and at school.*

You will gain an understanding of how behaviour can be perceived as challenging and investigate the underlying issues that affect behaviour and the impact it can have on others. Develop techniques you can use with your child to address certain behaviours before they become problematic.



### Course Details

Course Code	Course Title	Venue	Day	Start Date	Times
FLA223	Understanding Challenging Behaviour	Bower Park	Wed	15/01/2020	12:30 – 15:00
FLA224	Understanding Challenging Behaviour	Bower Park	Tue	03/03/2020	19:00 – 21:30
FLA225	Understanding Challenging Behaviour	Bower Park	Wed	22/04/2020	12:30 – 15:00

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## Supporting Families with Emotional Wellbeing

*Develop an understanding of emotional wellbeing and mental health and learn strategies to support your child*

*This free six-week course aims to give you an awareness of the challenges and strategies to support your child with their emotional wellbeing and mental health.*

You will learn what is meant by the terms emotional wellbeing and mental health and consider the definitions and causes. You will cover the signs of emotional wellbeing and how, without support, this could lead to mental health difficulties. You will explore common perceptions of mental health difficulties and their rights and also where appropriate support can be sought.



### Course Details

Course Code	Course Title	Venue	Day	Start Date	Times
FLA214	Supporting Families with Emotional Wellbeing	Bower Park	Wed	08/01/2020	19:00 – 21:30
FLA215	Supporting Families with Emotional Wellbeing	Bower Park	Tue	25/02/2020	10:00 – 12:30
FLA216	Supporting Families with Emotional Wellbeing	Bower Park	Wed	29/04/2020	19:00 – 21:30

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## Supporting Families with Trauma

*Develop an understanding of trauma and post-traumatic stress disorder (PTSD) and learn new strategies to support your child*

*This free six-week course aims to give you an awareness of day to day challenges and equip you with strategies to support your child with trauma.*

Through the course you will gain an understanding of post-traumatic stress disorder (PTSD) or trauma, the causes and the effect it can have on an individual and others. You will also gain an understanding of ways in which trauma can be managed.



### Course Details

Course Code	Course Title	Venue	Day	Start Date	Times
FLA217	Supporting Families with Trauma	Bower Park	Thu	27/02/2020	19:00 – 21:30
FLA218	Supporting Families with Trauma	Bower Park	Thu	04/06/2020	19:00 – 21:30

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