



# Anxiety around ADHD

The workshop helps parents and carers navigate:

- What is ADHD
- Understanding why a child with ADHD may also have anxiety
- Explore strategies to help support you and your child
- Signposting to other support that is available



**Tuesday 27 January 2026, 9.30am - 11.30am**

**Thursday 29 January 2026, 7.00pm - 9.00pm**

**Online via MS Teams**

To book your place, call **Lesley** on **020 4522 8701**,  
email **services@familylives.org.uk** or scan our  
QR code to use our online referral form

**We build better family lives together**

**www.familylives.org.uk**

