



come and find out
how to get the best out
of family life



We will be running a 6-week Nurturing Programme for
Parents of children with ADHD

The sessions will begin at
Barnet Mencap, 35 Hendon Lane, Finchley N3 1RT
At **10am-12:30pm**

On **Friday 28th February 2020**

And then continue on the following 5 Fridays

For more information or to book your space, please contact
Project Support at projectsupport@barnetmencap.org.uk
or on **020 8349 3842**