

find out

# how to get the best out of family life



**We will be running an in person Nurturing Programme for parents of children with ADHD**

The first session will be held at the Barnet Mencap office at  
**35 Hendon Lane, Finchley, N3 1RT** at  
**10am-12 noon** on **Friday 26<sup>th</sup> April 2024**

Sessions will take place every Friday for 10 weeks, finishing  
on Friday 5<sup>th</sup> July

There will be no session on 7<sup>th</sup> June as it is half-term

This is a course for parents and there are limited spaces. For more information or to book your space now, please contact Project Support via [projectsupport@barnetmencap.org](mailto:projectsupport@barnetmencap.org) or telephone **020 8349 3842**