

FIND OUT

HOW TO GET BEST OUT OF THE FAMILY LIFE



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

**The first session will be held at 10 am-12 noon on
Friday, 16th January 2026.**

**Sessions will take place every Friday for 10 weeks, finishing on
Friday, 27th March 2026.**

Address: Barnet Mencap Office, 35 Hendon Lane, Finchley, N3 1RT.

Half-term break: 16th to 22nd February, no session.

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.uk or telephone**

020 8349 3842.