



The Complex Attention Hyperactivity Disorders Service (CAHDS) will be offering a series of parent information sessions during 2015. These sessions will run for 2 hours each and will be held at the CAHDS office in Murdoch. The information sessions are intended for parents with children/adolescents who have a diagnosis of ADHD. However, parents whose children/adolescents do not have a diagnosis of ADHD, but have attention difficulties and are interested in the sessions, are welcomed to attend. A series of three sessions will be run over the course of the year with each session being run during a morning and afternoon time slot to accommodate parents' availability. The timetable of the sessions is attached.

The current information session topics we will be presenting are:

- 1. Family self-care/stress management for parents (including the impact of ADHD/challenging behaviours on the family)**  
Presented by Psychology / Speech Pathology
- 2. Helping children manage and regulate their emotions/encouraging social and emotional skills in children**  
Presented by Psychiatry / Speech Pathology
- 3. Understanding your child's behaviour (including reasons for behaviour and impact of other factors on children's behaviour)**  
Presented by Clinical Nurse Specialist / Social Work

Additional topics may be presented in the future and you will be advised when this occurs.

If parents are interested in attending any of these sessions they will need to register their attendance as places are limited. Parents need to contact CAHDS on **9360 1650** to register for the session/s they would like to attend. All sessions are stand-alone sessions and parents can attend any or all of the sessions.

Unfortunately we are unable to offer a crèche or child minding facilities during these sessions. Morning/afternoon tea and relevant handouts will be provided. There is no cost to attend these sessions.

Yours sincerely

The CAHDS Team



## CAHDS PARENT INFORMATION SESSION TIMETABLE

### CYCLE 1

SESSION	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	Week 6
DATES	10.00AM – 12.30PM	12.30PM – 2.30PM	10.00AM – 12.30PM	12.30PM – 2.30PM	10.00AM – 12.30PM	12.30PM – 2.30PM
7/7	A					
14/7		A				
21/7			B			
28/7				B		
4/8					C	
11/8						C

### CYCLE 2

SESSION	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
DATES	10.00AM – 12.30PM	12.30PM – 2.30PM	10.00AM – 12.30PM	12.30PM – 2.30PM	10.00AM – 12.30PM	12.30PM – 2.30PM
18/8	A					
25/8		A				
1/9			B			
8/9				B		
15/9					C	
22/9						C

	<b>Family self-care/stress management for parents (including the impact of ADHD/ challenging behaviours on the family)</b> Presented by Psychology / Speech Pathology
	<b>Helping children manage and regulate their emotions/encouraging social and emotional skills in children</b> Presented by Psychiatry / Speech Pathology
	<b>Understanding your child’s behaviour (including reasons for behaviour and impact of other factors on children’s behaviour)</b> Presented by Clinical Nurse Specialist / Social Work

**Please note:**

1. The staff presenting these sessions may vary.
2. All sessions will be held at CAHDS
3. All enquiries to 9360 1650