

2025 Jan - June: Early Help Support Sessions

No diagnosis or booking required

January							February							March							April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1							1			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
5	6	7	8	9	10*	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11*	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16*	17	15	16	17	18	19	20	21
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30					
														30	31																										

Session type

All our drop in sessions are café drop ins unless marked with an * which indicates a drop in information session.

A café drop in is an informal session for parents/carers to meet professionals and other parents/carers for help and support. Discussions are parent/carer-led.

A drop in information session is a 90 minute ADHD training session led by a project worker.

For venue addresses and more information please refer to our drop-in flyers.

Locations:

- Scotia Works
- Lowedges
- Sharrow
- Southey
- Grand Central Mosque
- The Zest Centre
- Shipshape Community Hub
- Adlington Community Centre

Session details

Friday 10th Jan: 10.00am–11.30am
 Tuesday 11th Feb: 9.30am–12.00pm
 Friday 7th March: 11.30am–2.00pm
 Tuesday 11th Mar: 10.00–11.30am
 Friday 28th Mar: 9.30–12.00pm
 Wednesday 23rd Apr: 9.30–12.00pm
 Tuesday 13th May: 9.30–12.00pm
 Friday 16th May: 10.00–11.30am
 Thursday 12th June: 9.30–12.00pm
 Thursday 19th June: 4.30–7.30pm

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