

2025 July - Dec: Early Help Support Sessions

No diagnosis or booking required

July							August							September							October							November							December						
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	5						1	2		1	2	3*	4	5	6				1	2	3	4							1		1	2	3	4	5	6
6	7	8	9	10*	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7*	8	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							31																					30													

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
- Graves Park Animal Farm

Session details

Thursday 10th July: 10.00am-11.30am
 Tuesday 22nd July: 9.30am-12.00pm
 Tuesday 12th Aug: 11.00am-2.00pm
 Wednesday 3rd Sept: 10.00am-11.30am
 Wednesday 17th Sept: 9.30am-12.00pm
 Tuesday 14th Oct: 9.30am-12.00pm
 Friday 7th Nov: 10.00am-11.30am
 Thursday 20th Nov: 9.30am-12.00pm
 Wednesday 10th Dec: 9.30am-12.00pm

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