

# 2026 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	1	2	3	4	5	6	7	1	2	3	4	5	6	7				1	2	3	4						1	2		1	2	3	4	5	6
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13*	14	15	16	17	15	16	17	18	19	20	21	15	16	17*	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21*	22	23	21	22	23	24	25	26	27
25	26	27	28	29	30	31								29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				
																												31													

## Session type

All our sessions are drop-in cafés unless marked with an \* which indicates an information session.

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

An **information session** is a 90 minute ADHD training session led by a project worker - you do not need to book to attend.

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

## Locations:

- Scotia Works
- Lowedges
- Sharrow
- Meynell School
- Foxhill Forum
- Woodhouse Community Hub & Library

## Session details

- Tuesday 13th Jan: 10.00am-11.30am
- Tuesday 15th Jan: 9.30am-12.00pm
- Tuesday 3rd Feb: 9.30am-12.00pm
- Friday 6<sup>th</sup> Mar: 9.30am-12.00pm
- Tuesday 17th Mar: 10.00am-11.30am
- Wednesday 18<sup>th</sup> Mar: 9.30am-12.00pm
- Thursday 30th Apr: 4.30pm-7.00pm
- Wednesday 13th May: 9.30am-12.00pm
- Thursday 21st May: 10.00am-11.30am
- Tuesday 23rd June: 9.30am-12.00pm



t: 0114 2412733 | e: neurodiversity.sheffield@family-action.org.uk

family-action.org.uk