

2026 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						1			1	2	3	4	5					1	2	3	1	2	3	4	5*	6	7			1	2	3	4	5	
5	6	7	8	9	10	11	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	6	7	8	9	10	11	12
12	13	14	15	16	17	18	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	13	14	15	16	17	18	19
19	20	21	22	23	24	25	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	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		
							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
- Graves Park
- Foxhill Forum
- Emmanuel Academy, Waterthorpe
- Woodhouse Community Hub & Library

Session details

- Friday 3 July: 10.00am-11.30am
- Tuesday 7 July: 9.30am -12.00pm
- Wednesday 5 Aug: 11.00am-2.00pm
- Tuesday 15 Sept: 10.00am-11.30am
- Wednesday 16 Sept: 9.30am-12.00pm
- Wednesday 30 Sept: 9.30am-12.00pm
- Friday 16 Oct: 9.30am-12.00pm
- Thursday 5 Nov: 10.00am-11.30am
- Tuesday 17 Nov: 9.30am-12.00pm
- Thursday 10 Dec: 9.30am-12.00pm



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