

Delivering the HOPE Programme

for parents/carers of children with ASD/ADHD/SPD

Free 6 week course running for 2.5 hrs per week

- Learn new ways to deal with stress, anxiety, emotions, depression
- Manage fatigue, guilt and fears for the future
- Consider your own health and wellbeing

There will be a 'Taster' session, which you need to attend to find out more on Friday 15th July 2016, 11am - 1pm at 'The Den', back of Central Methodist Church Hall

**Course starts Friday 9th September - Friday 14th October
10.30am – 1pm**

“HOPE offers a safe, non-pressured way for parents/carers to meet others, to find support and know that they are not alone.”

For more information/to confirm you will be attending:

Phone: **Gill at the Carers Trust - 024 76101040 Ext.308**

Email: **gillfleckner@carerstrusthofe.org.uk**

or contact Tina, Course facilitator, 07921667844

HOPE 4 The Community CIC

Company No. 9397915 34-35 Jordan Well Coventry CV1 5RW