



# Welcome

We would like to welcome you to come along and meet us as a group. This first meeting of the academic year gives good opportunity for us to get to meet new people and get to know each other better.

This meeting will be an inform social event. Tea & Coffee will be provided, however please feel free to "bring and share" and find out more about us, ADHD and how to get support.

Our usual meetings have a 20-30 minute talk followed by:

## Open Discussion Forum

Our talk is followed by the opportunity for open forum discussion to tackle this and other burning issues parents and professionals are facing.

## One to One Forum

After the open discussion we will now be providing opportunity for one to one or small group discussions.

*“ ADHD has many positives, it's not just negative. We need to highlight these positives and help children reach their full potential. ”*

## Support Group Aims & Objectives

We are a working group, of professionals and parents with experience of ADHD, offering information, signposting, a friendly ear, and most importantly understanding to families living with the consequences of ADHD. **ALL WELCOME!**

**Date:** Tuesday 14th October 2008

**Time:** 7:00 p.m. till 9:00 p.m.

**Location:**

Broomfield Primary School

School Lane, Broomfield, Chelmsford, Essex, CM1 7DN

**Refreshments Provided**

**We normally meet on the  
2nd Tuesday of each month  
(3rd Tuesday in December & April)**

**Keep up to date via our website**

**Chelmsford ADHD Support Group**  
[www.adhdsupport.org.uk](http://www.adhdsupport.org.uk)

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