



Understanding Attention Deficit Hyperactivity Disorder (ADHD)

Do you look after, parent or have contact with a young person who has been diagnosed or is on the pathway to a diagnosis of ADHD or have traits of ADHD? This could be helpful to you. It may also interest professionals or those wanting to seek employment supporting young people who are ADHD.

The programme content is 10 workshops which will help you:

- Get a better understanding of ADHD.
- Communicate with the young person.
- Have the information you need to understand your young person's sensory needs.
- Understand how your young person responds and how to manage their responses.
- Find your way around education, including the Education Health Care Plan assessment and your rights.
- Find out what support is available for you and your family.
- Understand how you can keep your young person safe, such as online safety.
- Look after yourself and develop coping skills.

Start Date: 14 January 2026

Day: Wednesday

Time: 1pm – 4pm

Duration: 10 weeks (Term time only)

Location: Online

For more information or to apply please contact Durham Learn
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