

Youth Action Diversity Trust

Behavioural Support Service

- ADHD -



ADHD is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness. ADHD can be frustrating and overwhelming, but as a parent or carer there is a lot you can do to help your child meet daily challenges and channel their energy into positive outcomes.

Our friendly team work with young people and their families (with or without a diagnosis) to understand ADHD and help them to develop strategies for a calmer and happier family life.

For more information and to book, please contact:

North Cray Neighbourhood Centre
1 Davis Way Sidcup DA14 5JR

Tel: 020 8308 3862 / Email: yadt@sky.com

Website: www.YouthActionDiversityTrust.co.uk



@YADTBexley



@YADT_2006

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ADHD Behavioural Support

Our friendly support service is for young people aged 5 to 17 years and can be delivered as one-to-one support or family support sessions. We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most families.

One-to-One Support

The one-to-one support service gives young people the freedom and safety to explore issues that affect them on a more personal level. After an initial assessment has been made, regular one-to-one support sessions will take place.

Family Support Sessions

The family support sessions give families the space and opportunity to discuss and resolve issues affecting them in a non-judgemental environment. Together families can work towards finding common ground and develop strategies to reduce family conflicts.

Behavioural Support Service

Being a young person in today's world is challenging and here at YADT, we understand that some young people need a little extra support to help them get a positive start in life or overcome obstacles along the way. We aim to help young people with the issues that affect them. These can be a number of issues such as understanding and coping with ADHD and Autistic behaviours, social anxiety, improving confidence, enhancing communication and dealing with stress and loss. The Behavioural Support Service can be delivered as one-to-one behaviour support or as family sessions.

Time Out for Parents: Children with ADHD

YADT are delighted to be able to offer the Care for the Family: Time Out for Parents Courses under our Behavioural Support Service. These courses are run throughout the year and include 'Children with Special Needs: ADHD', please see the separate course leaflet or visit our website for the next available dates: www.YouthActionDiversityTrust.co.uk



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