



Kent Emotional Wellbeing Teams  
Medway Emotional Support Teams

# Online Parent Workshops

Aimed at parents of children in primary school

## Understanding ADHD in Children

**20/11/2025 - 10:30 - 12:30pm**

**\*Workshop timings change from term to term**

Do you have **questions about ADHD?** Maybe your child has received a **diagnosis**. Would you like to come and **meet with other parents and carers** and learn about ways to **support your child?**

You are invited to a **workshop about understanding symptoms of ADHD**. We also discuss **helpful strategies that you can use at home** to help support your child.

If you would like to join, please **ctrl + click the link below or scan the QR code:**



**Attention, Concentration, Hyperactivity and Impulsivity in Children | Meeting-Join | Microsoft Teams**

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

**[EWTandESTenquiries@nelft.nhs.uk](mailto:EWTandESTenquiries@nelft.nhs.uk)**

**We look forward to meeting you.**



[www.nelft.nhs.uk](http://www.nelft.nhs.uk)