



If you are a parent or carer of a child with **ADHD** and would like support and advice, then drop in to one of our informal meetings.

We meet fortnightly on a Tuesday between 5.00pm and 6.45pm at Charles Young Centre, South Shields, NE34 0QL.

Running alongside this is a free kids club for children aged 4-16 years including siblings.

We also organise subsidised monthly family activities.

For more information call or text Jean on **07804 495 406** or E-mail: stadhdgroup@yahoo.co.uk

 @southtynesideadhdsupportgroup