

‘Spark Squad’

a relaxed social group for girls with ADHD
& related conditions aged 12-16 years old
based in Hertford

*Supportive,
Positive,
Authentic,
Reflective,
Kind*



The ADD-vantage

Specialist ADHD support services

Great minds think alike, brilliant minds think differently

The ADD-vantage is excited to offer a relaxed social group for local girls with ADHD and related conditions - starting this term. **Initially**, we are opening it up to those who identify as girls with ADHD aged 12-16 (school years 8-11).

If there is enough interest we will offer two sessions - one for younger girls 11-14 years old, and one for 14-18-year-olds. We propose to offer a fortnightly 2-hour session on a Wednesday afternoon 4-6pm in term time. However, we are flexible about timing/ day at this stage. We will offer refreshments, creative activities and games as well as some psychoeducation and group support. There will be a 'pay as you go' cost of £10* a session to cover materials etc.

The venue TBC will be in a quiet setting in the Hertford area. It will be facilitated by women mentors with lived experience of ADHD. All facilitators will all have enhanced DBS certificates and the relevant safeguarding training. A minimum of two mentors will be available each session. You can find out more about the work we do at www.theadd-vantage.co.uk or check out our Facebook page The ADD-vantage or find us on Instagram @theaddvantage_

IF YOU / YOUR DAUGHTER ARE INTERESTED PLEASE COMPLETE THE FORM BELOW TO REGISTER INTEREST AND EXPRESS PREFERENCES ETC SO WE CAN FINALISE ARRANGEMENTS.

<https://forms.office.com/r/sVcVVC6S5S?origin=lprLink>

**If the cost is prohibitive, please email pippa@theadd-vantage.co.uk to access sponsorship for your daughter.*