



# Nurturing ADHD kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD

## LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

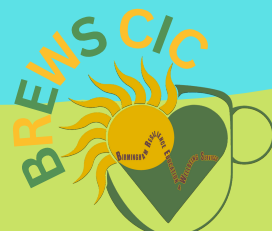
## What parents have said about this course

*This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.*

*Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.*

*Very informative, friendly, no pressure, enjoyable sessions*

**Email:**  
**[contactus@brewseducation.org](mailto:contactus@brewseducation.org)**





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## NEW GROUPS STARTING SOON!

Free online 6 week course for parents and carers  
Each session is 90 minutes

### November 2025 courses

**Tuesdays 10 - 11.30 am**  
starting Tuesday 4th November  
Register [HERE](#) or use QR code



**Wednesdays 10-11.30 am**  
starting Wednesday 17<sup>th</sup> September  
Register [HERE](#) or use QR code



**Registration closes at  
5 pm on Friday 31<sup>st</sup> October**

If you miss the deadline, email us at  
[contactus@brewseducation.org](mailto:contactus@brewseducation.org) and you can  
join the next one starting in November

