



FREE*

ADHD Awareness Courses

Online | January - March

Expand your knowledge and understanding of ADHD and neurodiversity.

Learn about differences in the ADHD brain, challenges with mental health and executive functioning skills.

Discover how to manage the challenges of ADHD whilst embracing the strengths.

Come and learn for yourself and those you care for or work with. Everyone is welcome.

What do I need to know?

- ✓ For beginners and more experienced learners alike.
- ✓ Zoom access required.
- ✓ *Please see our website for eligibility information.

Understanding ADHD - Starter: Wednesday 10th – 24th January 2024
5:00pm – 7:30pm | 3 Sessions

Managing ADHD - Developer: Wednesday 21st February – 6th March
5:00pm – 7:30pm | 3 Sessions

Call Somerset Skills & Learning for more information / book online

0330 332 7997 [sslcourses.co.uk](https://ssalcourses.co.uk)

SOMERSET SKILLS & LEARNING

Scan with your smartphone camera to visit our website 

