



# ADHD Coaching Group


A post-diagnostic group for parents of young people to provide support, advice and learning from each other.

For parents of primary-aged children who have a diagnosis of ADHD

Sessions will be online



## MY CHILD HAS RECENTLY BEEN DIAGNOSED WITH ADHD. WHERE CAN I GET SUPPORT?

Oakdale is excited to offer an online ADHD Coaching Programme to parents/carers of primary-aged children who have a diagnosis of ADHD. The overarching aim of the coaching programme group is to assist parents in developing skills that encourage positive behaviour and reduce conflict. This will be achieved through the provision of: a well-rounded education of ADHD that elucidates the different ways ADHD symptoms can be illustrated, an understanding of the importance of early intervention and guidance on accessing parental support for their children. 

The group will run weekly for 6 weeks on **Tuesdays at 12 noon** for **1 hour**, commencing **4th June 2024**.

## WHO IS THE ADHD COACHING GROUP FOR?

- We will be offering limited spaces to parents/carers of primary aged children.
- Parents where ADHD is the primary concern with regards to their child/young person.
- At this time, we are unable to offer the programme to parents of children who have a diagnosis of Autism as well as ADHD.

## WHAT DOES THE GROUP OFFER?

The group will be facilitated by Oakdale's Claire Rowland (Principal Forensic Psychologist), and supported by Bridie Grace (Trainee Clinical Psychologist).

Each week will explore a different step in the programme, where we aim to look at understanding ADHD, learn strategies to improve communication and help children reach their true potential. This will aid valuable discussions with the opportunity to reflect on experience.

A pack of information will be sent out prior to the sessions commencing and it is recommended that this is read ahead of time to prepare for the programme.



# GROUP SCHEDULE

## ONLINE GROUP SESSIONS:

- Tuesday 4th June 2024 - 12.00-1.00pm - "Step 1: Understanding How ADHD Appears in Your Child"
- Tuesday 11th June - 12.00-1.00pm - "Step 2: Learning Strategies to Help Children with ADHD"
- Tuesday 18th June - 12.00-1.00pm - "Step 3: Helping to Develop Your Child's Attention Through Play"
- Tuesday 25th June - 12.00-1.00pm - "Step 4: Improving Communication"
- Tuesday 2nd July 2024 - 12.00-1.00pm - "Step 5: Managing ADHD Outside of the Home"
- Tuesday 9th July 2024 - 12.00-1.00pm - "Step 6: Looking at the Times Ahead"

**ONLINE ACCESS -  
ALL SESSIONS  
WILL BE HELD  
ONLINE**

**Cost:  
£40 + VAT  
per session**

\*Payment of full course fee is required prior to commencement of the programme

# MEET THE TEAM

## CLAIRE

CLAIRE ROWLAND, PRINCIPAL FORENSIC PSYCHOLOGIST



Claire is a highly experienced psychologist supporting young people and their families, with those presenting with neurodevelopmental differences and behavioural challenges. Claire has extensive experience in offering evidence-based interventions to young people and their families, and has dedicated her career to supporting those with autism, ADHD, brain injury and co-existing learning disabilities. Claire is keen to use her skills and experience to support parents in understanding the differences their child may present with and provide targeted support and guidance to manage the reality of ADHD. Most importantly, Claire is passionate about helping parents get back the excitement and joy of being a parent.

## BRIDIE

BRIDIE GRACE, TRAINEE CLINICAL PSYCHOLOGIST

Bridie is completing a Clinical Psychology Doctorate at the University of Hull and is currently in her second year of a three-year course. At Oakdale, Bridie is part of the neurodevelopmental assessment service, involved in diagnostic assessments for children and young people, offering therapy and in supporting communities and systems to use neuro-affirmative approaches. Her previous experience includes working with the Community Learning Disability Team, Adult Community Mental Health Team, SHOUT's crisis text service during the COVID-19 pandemic and the Mental Health Foundation. Her role within the coaching programme will be to provide support within sessions and in sharing relevant resources to parents.



## BOOK YOUR PLACE

If you are interested in attending the the ADHD Coaching Group at Oakdale, please contact [bridie.grace@oakdalecentre.org](mailto:bridie.grace@oakdalecentre.org)

Please be aware that as spaces are limited we cannot guarantee a space.

Please indicate at the time of booking the number of parents/carers that will be attending and whether you require any reasonable adjustments to be made.