

Suffolk Family Carers

Living Fuller Lives

The Autism/ADHD family carers programme



As a family carer of someone diagnosed with an **Autistic Spectrum Disorder** or **ADHD**, we are here to support you in your caring role.

- You will have the opportunity to meet other family carers in similar circumstances
- Discuss some of the issues that you may be dealing with
- Explore your style of caring
- Ideas to support your own wellbeing

The **Autism/ADHD family carers programme** is open to any Family Carer of a child diagnosed with Autism or ADHD.

The next programme will be

Monday, 8th May, 15th May, 5th June, 2017

10am – 12pm

Stowhealth, Violet Hill House, Violet Hill Road

Stowmarket, IP14 1NL

To access this programme please contact us on 01473 835438 or email asd@suffolkfamilycarers.org

Information Line 01473 835477

Units 6 & 8 Hill View Business Park, Old Ipswich Road, Claydon, Suffolk IP6 0AJ
Email enquiries@suffolkfamilycarers.org

Website www.suffolkfamilycarers.org

Mental Health & Wellbeing Service Training Sessions

All sessions need to be booked in advance

Please note that these courses are run in a series of sessions and to achieve maximum benefit it is suggested that you should attend the majority of them.

Please do not be discouraged if you see that we have no sessions running in your locality. If the demand is high enough we will endeavour to arrange sessions to run in your area, so please call or email to register an interest. Once there is sufficient interest Family Carers will be contacted with dates, time and venue details.

The Autism/ADHD family carers programme (not Waveney)

Telephone: 01473 835438

Contact for booking: Diane Goodchild

Facilitator: Daniel Richards

EMAIL: asd@suffolkfamilycarers.org

	Venue	Day	Dates	Time
Ipswich Facilitator: Daniel Richards	StowHealth, Violet Hill House, Violet Hill Road, Stowmarket, IP14 1NL	Mondays	3 session course: 8th May, 15th May & 5th June, 2017	10.00am – 12.00 pm