

# UNDERSTANDING ADHD

**Tickets £20**  
Tea and  
coffee  
included

A day that focuses on skills and strategies, for parents, carers and professionals supporting a child with ADHD. Hampshire CAMHS Colleagues will be hosting this day alongside parents / carers with lived experience.

Topics include:

- Understanding your child with ADHD, support, strategies and tips.
- Support for SEN in education & what to do if it's not working.
- ADHD nervous system differences, sensory systems, emotional regulation, stress response, attention regulation, and executive functioning.

Discretionary tickets available to families on request.

**5 March 2026**  
**9.30am - 4pm**

Junction Church, 2 Romsey Road,  
Eastleigh, SO50 9FE



For more information scan the QR code or visit:

**<https://hampshirecamhs.nhs.uk/events/>**