

# ADHD Support

## Early Intervention Service

### Support for Children and Young People

#### ADHD & Me

For children and young people who have a ADHD diagnosis, we offer a 4 week programme which focuses on understanding ADHD, developing coping strategies, improving self-regulation, focus and task completion .

#### Executive functions programme

For children with suspected ADHD, we offer a 4 week programme on developing executive functioning skills such as; organisation, time management, working memory, and impulse control. Alongside psychoeducation and support with low to moderate mental health difficulties such as anxiety.

### Support for Parents/ Carers

A parent group for parents and carers of children and young people who have a diagnosis or show signs of having ADHD. This group focuses on equipping parents/carers with practical tools, strategies, and emotional support for managing ADHD-related behaviours and the impact on their mental health challenges at home.

You can find more  
information on our website



Leicester, Leicestershire & Rutland

**The Relationships  
Centre**