

Are you a parent or carer of a child with ASD or ADHD

Would you like to meet with other parents/carers and discuss how the HOPE/Parent free self-management course could help?



We have arranged a special “taster” morning get together to find out more about the course which is specially designed for you.

The “Taster” day will be held at Coventry Carers' Centre on Friday 8th November 2013 11.00am to 1.00pm where you will meet the tutors

The next daytime course starts on Thurs. 14th November and runs for 6 weeks, last session 19th December 2013, 10.30am – 1pm

For more information and to confirm you will be attending, please contact:

**Gill Fleckner at Coventry Carers' Centre
024 7663 2972**

**Email: gillfleckner@coventrycarers.org.uk
or contact Wendy on 07981 487298**