

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

Would you like to meet with other
Parents/carers?

The Hope Programme offers a 6 week evening course specially designed for YOU!

This course can help improve self management skills and develop a more positive outlook on
life.

**'HOPE' is running a course at
Coventry Carers' Centre starting:
Tuesday 12th Nov. to Tuesday 17th Dec. 2013
6.30pm – 9pm with Limited places!**

**For more information or to book a place, please contact Gill Fleckner at:
Coventry Carers Centre
Tel:024 7663 2972**

Email: gillfleckner@coventrycarers.org.uk

Or

Speak to Wendy on: 07981 487298