



family
lives



Anxiety & ADHD Workshop

Delivered by Coram Family Lives

Hosted by ND Community Connectors CIC

The session will cover:

- What is ADHD
- Understanding why a child with ADHD may also have anxiety
- Explore strategies to help support you and your child
- Signposting to other support that is available

📍 **Location:** ASDA Cardiff Bay, Ferry Road, Cardiff, CF11 OJR

📅 **Date:** Wednesday, 7th October 2026

🕒 **Time:** 10:00am - 11:30am

For more information & to book a place via Eventbrite, please use the QR code or this link:



<https://AnxietyandADHDcoramFamilyLives.eventbrite.co.uk>