

Contact Helping Hand Project

(Empowering Parents Embracing Neurodiversity)



**Family Support for parents of children on the waiting lists for CAMHS
NDTs and Child Development Services in Ealing, Hounslow and
Hammersmith & Fulham**

Is your child on a waiting list for an assessment for ADHD or Autism? Are you confused about what it all means and how you can support your child while you wait?

Join our Parent Support Group meetings on topics such as:

Encouraging positive behaviour / Support for your child in school or college / How to support your child with positive communication / Wellbeing for parent carers / Coping with anxiety / Understanding and supporting your child's sensory needs and other topics

- **Topics will be chosen by you and the other parents in the group in session 1.**
- **Group sessions 1-5 are held online (via zoom), different morning or evening slots are available to choose from.**
- **Group session 6 will offer an opportunity to meet face to face.**
- **Individual (one to one) parent support and advice outside of the group sessions is also available.**

If you would like our support, please complete the form below and send it to: nwlcontactfsp@contact.org.uk or call us on **07529 222724**.

We look forward to hearing from you! The Contact Helping Hand Team

Our support to you will be confidential. Contact will look after your details according to our data protection policy <https://contact.org.uk/privacy>.

Please tick here to confirm you consent for us to process your information as described in our privacy statement

Name and Surname:
Address:
Child's name

Telephone number:
Email:
Child's Date of Birth: