



A positive
approach to
self-management





Join HOPE...

A course for Parents of children with Attention Deficit Hyperactivity Disorder (ADHD) and/or Autistic Spectrum Disorder (ASD).



Free

6 week course -
2.5 hours per
session.

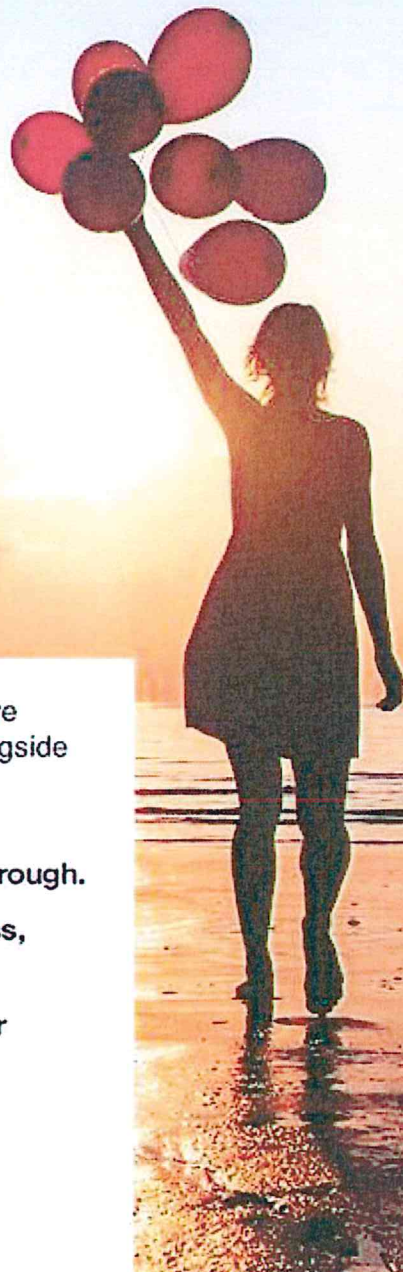


Friendly

atmosphere as well
as support, when
you need it.

Hope is delivered by health or social care professionals from within the Trust, alongside facilitators that have lived experience.

- **Speak to like-minded people who understand what you are going through.**
- **Learn new ways to deal with stress, anxiety, emotions, depression.**
- **Manage fatigue, guilt and fears for the future.**
- **Consider your own health and wellbeing.**



► Exeter

Venue: Devon Disability Collective, 22 Marsh Green Road, Marsh Barton, Exeter, EX2 8PQ.

Duration: 2.5 hours

Friday 23 Feb 10am

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Friday 2 Mar 10am

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Friday 9 Mar 10pm

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Friday 16 Mar 10am

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Friday 23 Mar 10am

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Friday 13 April 10am

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► Plymouth

Venue: Plymouth Information, Advice and Support for SEND, Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park Road, Plymouth, PL2 2PQ.

Duration: 2.5 hours

Monday 26 Feb 10am

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Monday 5 Mar 10am

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Monday 12 Mar 10pm

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Monday 19 Mar 10am

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Monday 26 Mar 10am

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Monday 16 April 10am

► Barnstaple

Venue: Room LSF08, Lifestyles Building, LSF08, Lifestyles Building, Petroc, Old Sticklepath Hill, Barnstaple, Devon EX31, 2BQ.

Duration: 2.5 hours

Friday 23 Feb 10am

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Friday 2 Mar 10am

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Friday 9 Mar 10pm

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Friday 16 Mar 10am

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Friday 23 Mar 10am

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Friday 13 April 10am



Book your place today!

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NHS
Northern, Eastern and
Western Devon
Clinical Commissioning Group



For further information contact:

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