



# All about ADHD Workshop

**Free Online Workshop**

**Tuesday 21<sup>st</sup> October 2025  
10:00am - 11:00am**

Join us for this Online Workshop where we will be discussing all things ADHD. The different traits and types of ADHD and ways to better support your child or young person.

**No need to book.**

Just join on the day via Zoom using the following details:

**Meeting ID: 946 8148 6826**

**Passcode: 085559**

**For more information you can contact us Monday to Friday 9-5pm on:**

 01493 650220

 [NorfolkandWaveney@family-action.org.uk](mailto:NorfolkandWaveney@family-action.org.uk)

 Family Action Norfolk & Waveney  
Autism/ADHD Support Service.



**[www.family-action.org.uk](http://www.family-action.org.uk)**

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