**“WhyTry” Programme**

CAAS are delighted to be offering the CBT “WhyTry” Programme over 2 days. This creates hands on solutions for helping young people learn important life skills such as:

**Anger management**

**Problem solving**

**Dealing with peer pressure**

**Living laws and rules**

**Building a support system**

**Motivation and resiliency**

**Having a vision for the future**

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| This course is suitable for young people aged 13-15 years with a diagnosis of ADHD To Register your young person on this coursePlease return the booking from by email to adhd@adhdandautism.orgFor further enquiries regarding the programme please call our youth team on **020 5429 4194** | **Tuesday 27th and Wednesday 28th July 2021****Venue:****Harrow School****High Street****Harrow on the Hill****HA1 3HP****Time: 10.30am – 14.30pm** **Lunch will be provided** 5Middlesex HA1 3HHarrow on the Hill,* Middlesex
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I would like my son/daughter to attend the 2 day WhyTry programme on Tuesday 27th and Wednesday 28th July

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| **Name** |  |
| **Address** |  |
| **Phone** |  |
| **Email** |  |
| **Young persons** **Name** |  |
| **Young persons Age** |  |
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