**“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 course  Please return the booking from by email to  adhd@adhdandautism.org  For 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 |

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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