

find out

# how to get the best out of family life



**We will be running an online Nurturing Programme for  
parents of autistic children, children with a learning  
disability, or ADHD**

The first session will be held online at  
**10am-12 noon on Tuesday 16<sup>th</sup> January 2024**

Sessions will take place every Tuesday for 10 weeks, finishing  
on Tuesday 26<sup>th</sup> March 2024

There will be no session on 13<sup>th</sup> February as it is half-term

This is a course for parents and there are limited spaces. For  
more information or to book your space now, please contact  
Project Support via [projectsupport@barnetmencap.org](mailto:projectsupport@barnetmencap.org) or  
telephone **020 8349 3842**