



2024 DATES

# Attention Deficit Hyperactivity Disorder (ADHD) Emotional Regulation & Getting Better Sleep

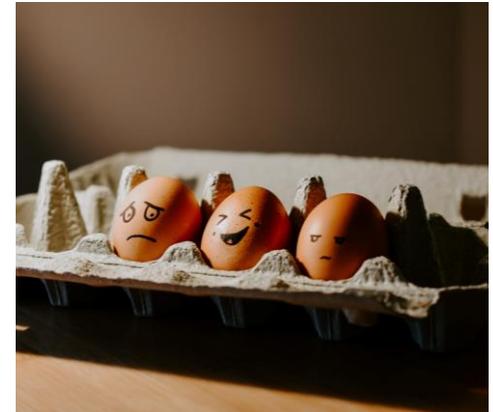
Join ADHD WA Clinicians as they unpack emotional regulation and sleep issues associated with ADHD.

**Emotional Regulation** - you will learn valuable tools and strategies on how to effectively manage emotions, enhance problem-solving skills, and improve communication, ultimately reducing distress and mitigating fallout from emotionally charged situations.

**Sleep** - Clinicians will share how ADHD can impact sleep and equip you with practical tools and solutions to help you and those in your care with ADHD to improve sleep hygiene and get better sleep.

Venue:	Tuart Hill	
Date / Time:	Wednesday – 27 <sup>th</sup> March	10.00am to 12.00pm
Venue:	Hillman	
Date / Time:	Tuesday – 25 <sup>th</sup> June	10.00am to 12.00pm

❖ Child-minding is available. Please advise when enrolling if you require this service



To enrol please contact the Family & Foster Care Learning team on 08 6277 4600 or email [fosterworkshops@communities.wa.gov.au](mailto:fosterworkshops@communities.wa.gov.au)

