



For parents of children with additional needs-  
including ADHD, autism and learning disabilities

# Telephone Parenting Support



**Do you need help,  
ideas, strategies or  
just somebody to  
chat to during this  
difficult time?**

We are offering telephone parenting support during the Covid-19 crisis as we are unable to offer our usual programme of workshops and courses

To get involved, please email  
[jenny.melling@barnetmencap.org.uk](mailto:jenny.melling@barnetmencap.org.uk) with your  
name and telephone number