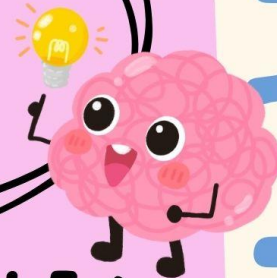


UNDERSTANDING **MY ADHD**



WITH STEVE CHALLEN

A SESSION FOR CHILDREN, YOUNG PEOPLE

**AN OPPORTUNITY FOR CHILDREN / YOUNG PEOPLE TO ASK
QUESTIONS AND DEVELOP THEIR UNDERSTANDING OF THEIR ADHD**

YEARS 5-7

5TH NOVEMBER 2026 4.30PM-5.30PM

YEARS 8-11

19TH NOVEMBER 2026 4.30PM-5.30PM

78A EASTWOOD ROAD, RAYLEIGH, SS6 7PT

BOOKING IS ESSENTIAL -

FAMILIES@MEGACENTRERAYLEIGH.CO.UK

PARENTS AND CARERS TO REMAIN ON SITE

- TEA & COFFEE AVAILABLE

