

# Are you dreading the summer holidays?



- Does any of your children have ADHD /extreme behaviour issues?
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- Running out of ideas on how to deal with your children and need a new method to manage behaviour?
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- Would you like to meet other parents going through the same issues in a non-judgemental and confidential environment?
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**IF THE ANSWER IS 'YES' TO ANY OR ALL OF THESE QUESTIONS, LOOK NO FURTHER.**



123 Magic is a tried and tested behaviour management program aimed to help parents of children between the ages of 2 – 12. It is the only one that ADDISS (the national ADHD charity) recommend. Jacki Cairns is an experienced workshop facilitator and the only licensed 123 Magic course provider in the Peterborough area. All work is accredited by ADDISS.



CONTACT [jackicairns@heartwork.co.uk](mailto:jackicairns@heartwork.co.uk)/phone 01733 590123/go straight to the website [www.heartwork.co.uk](http://www.heartwork.co.uk). Click on go to the 123 Magic page for more information. Day and evening courses available at Culley Court, Orton Southgate, Peterborough from the middle of June. Workshops are split into 4 sessions, held over a period of 3 weeks.