



P.O. Box No 2, St Julians STJ 1001 / Tel 21233749 (Phonemail – Leave a message and we will phone back)  
Website : [www.adhdmalta.org](http://www.adhdmalta.org) / E-Mail : [info@adhdmalta.org](mailto:info@adhdmalta.org)

26th August 2008

CIRCULAR NO. 127

Dear Members,

We hope you are enjoying your holidays, and preparing to enjoy the last days before we all start back to the school routine.

We also write to remind all members regarding the next monthly meeting of the AD/HD Family Support Group that will be held on **Friday 12<sup>th</sup> September 2008 at Junior College Msida, starting 6.30 p.m.** The meeting will be addressed by Ms Patricia Camilleri MA (Lond.) Psychotherapist & Personal Development Trainer. The Title of the talk is : “Self-management - the key to decreasing anxiety and therefore negative behaviour in our children.

The **PSD** sessions **will** be held as usual. We do encourage you to bring your kids with AD/HD who are seven years of age and over for such sessions. The **child minding services** for children under seven years of age **will** also be available as usual.

October will be very busy for the Group. First the group will be organising a Barnardo's Train the Trainers Course on the 7<sup>th</sup> and 8<sup>th</sup> October. The course is aimed at training professionals to run parenting skills sessions for families who have members affected with ADHD.

On October 24<sup>th</sup> at 18:30 the Group will be organising a Talk for parents, to be addressed by Professor Cooper. This meeting will be in lieu of the group meeting. A meeting for parents in Gozo will be held in the morning of the same day. The parents meeting will be open to everyone and we are requesting a donation of 5 euro per family to cover the expenses. Members attend free of charge.

On the morrow, that is 25<sup>th</sup> October, the Group, together with Malta Union of Professional Psychologists, is organising a One Day Seminar for professionals “Understanding and Supporting Children with ADHD”. The Seminar will be addressed by Professor Cooper and will be open to professionals. Do encourage the teachers, facilitators and professionals whom you know to attend.

The committee reminds all members regarding the website - [www.adhdmalta.org](http://www.adhdmalta.org), the coaching service being offered through Ms Simone Schembri.

Yours Sincerely  
Olav Attard  
AD/HD Family Support Group  
Circular 127 – ADHD Family Support Group



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26 ta' Awwissu 2008

Ċirkulari Nru. 127

Għeżiež Membri

Nittamaw li qed tgawdu l-vaganzu, u li qed taħsbu sbiex tgawdu l-aħħar ffit jiem qabel terġa' tibda r-rutina ta' l-iskola.

Niktbu wkoll sabiex infakkrukom dwar il-laqqgħa li jmiss ta' l-AD/HD Family Support Group ser issir nhar **il-Ġimgħa 12 ta' Settembru 2008 fil-Junior College Msida u li tibda fis-6.30 ta' filgħaxija**. Il-laqqgħa ser tkun indirizzata minn Ms Patricia Camilleri MA (Lond.) Psychotherapist & Personal Development Trainer. Ms Camilleri ser titkellem fuq : “*Self-management* – iċ-ċavetta lejn it-tnaqqis fl-ansjetà u għalhekk tnaqqis fl-aġir negattiv fit-tfal tagħna.

Waqt il-laqqgħa **ser** ikun hemm is-servizz tal-lezzjonijiet tal-PSD għat-tfal li għandhom l-ADHD u li għandhom minn seba' snin 'l fuq. Is-servizz ta' tħaris tat-tfal li għandhom inqas minn seba' snin **ser** ikun provdut ukoll.

Ottubru ser ikun xahar mimli attività. Fis-7 u t-8 ta' Ottubru il-Grupp ser jorganizza kors “Barnardo's Train the Trainers”. Il-kors ser ikun sabiex nies professjonisti jitgħallmu jagħmlu jagħtu taħriġ ta' Parenting Skills lill-familji li għandhom xi membru li għandu/ha l-ADHD.

Fl-24 ta' ottubru fis-6:30 ta' filgħaxija ser ikun hemm taħdita għal ġenituri minn Professor Cooper. Din ser tkun minflok il-laqqgħa tas-soltu tal-Grupp. Fl-istess jum filgħodu ser ikun laqqgħa għal ġenituri f'Għawdex, Il-laqqgħa ser tkun miftuħa għall-kulhadd u qed nitolbu donazzjoni ta' 5 ewro minn kull familja sabiex inkopru l-ispejjes. Membri jidhlu b'xejn.

L-għada fil-25 ta' ottubru il-grupp flimkien mal-Malta Union of Professional Psychologists ser jorganizzaw Seminar ta' Ġurnata għall-Professjonisti “Understanding and Supporting Children with ADHD”. Is-Seminar ser ikun indirizzat minn Professor Cooper. Nhegġgukom tħeġġu lill-għalliema, facilitators u professjonisti jattendu.

Il-Grupp ifakkar lill-membri dwar il-website [www.adhdmalta.org](http://www.adhdmalta.org), s-servizz ta' “coaching” permezz ta' Ms Simone Schembri.

Dejjem Tagħkom,  
Olav Attard  
AD/HD Family Support Group  
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