

TOGETHER WE CAN PROJECT NEWSLETTER



TOGETHER

AUGUST 2025



ABOUT PROJECT: Supporting Parents of Children with ADHD

The TOGETHER Project is dedicated to creating a comprehensive training package for parents and guardians of children with ADHD, aiming to promote social inclusion and improve quality of life for these children and their families.

Project Objectives:

1. Help parents/guardians address daily challenges by presenting and analysing real-life ADHD cases.
2. Improve the quality of life of children with ADHD through greater acceptance and inclusion.
3. Provide educational resources for adult educators and parents to better understand ADHD behaviours and manage daily challenges effectively.
4. Support international and European efforts for equality and equal opportunities for vulnerable groups.



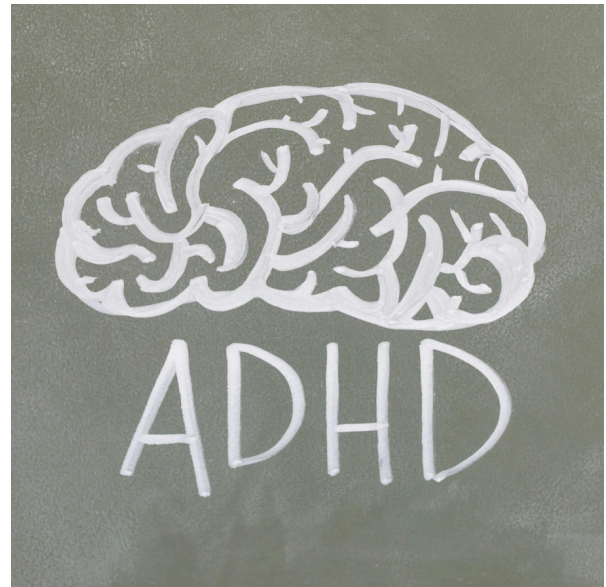
**Co-funded by
the European Union**



How We're Making It Happen

The project offers parents and guardians the chance to learn through real case studies, provided by our partner I-PAIDI, and equips adult educators with practical material and insights to better support families.

Recently, we conducted a survey among parents of children with ADHD in Bulgaria and Greece, and the findings helped shape the training modules of the course.



Key Findings from the Survey

- Most parents lack formal training and rely on trial-and-error approaches.
- Many avoid discussing ADHD openly due to societal stigma.
- Parents prefer non-medication strategies, believing that patience and proper techniques from parents and teachers can make a big difference.



Make sure to follow our project page on Facebook for more updates!



Together We Can

Training Modules in Development

The training program will be built around real cases from I-PAIDI's archives.

Topics will include:

- Effective parent-child communication for task completion
- Managing hyperactivity and impulsive behaviour
- Addressing academic challenges
- Supporting social development
- Helping children regulate emotions
- Each module will be enriched with practical examples and educational materials tailored to parents' real-life experiences.