



## A Family Support Group for Parents/Caregivers of Children with ADHD

Share what's working well in your family and get suggestions for managing the challenges.

# 2017 Fall/2018 Winter Meeting Schedule

Sept 13	ADHD - Basics and New Updates
Oct 4	Strategies for School Success ADHD Awareness Month
Oct 25	Teaching and Learning Social Skills through Role Play and Mindfulness <i>Julie Hopkin, MSW, RSW at DSBN</i>
Nov 15	Parenting Teens with ADHD <i>Guest Speaker from Pathstone Mental Health</i>
Dec 6	ADHD Affects All Family Members <i>Linda Jeffries, MSW, RSW, Litkea Stob &amp; Associates</i>
Jan 17	Discussion, Support, Sharing (Topic chosen by interest of people attending this meeting)
Feb 7	ADHD Medications <i>George Saati, Pharmacist at SimErgy Health Network</i>

Free – No Registration Needed



Call 905-641-1021 for Child Care Availability

### Meetings at: St. Catharines Regional Child Care Centre

179 Carlton St., St. Catharines (Next to St. Denis School)

Wednesday evenings, 7 – 8:30 pm

For other support, resources and information:



**Idanr** • Learning Disabilities  
Association of Niagara Region

*The right to learn, the power to achieve*

905-641-1021  
www.LDANiagara.org  
programsLDAN@cogeco.net

*This project is supported by:*

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Parent Talk Line: ext. 7555 at 905-688-8248 or

1-888-505-6075

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