



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 Winter/Spring Meeting Schedule

DATES	TOPICS
Jan 18	Tired of Nagging? Routine, Organization and Time Management Tips
Feb 8	School Issues <i>Guest Speaker: Ed Mahony, Special Education Resource Teacher</i>
Mar 8	Positive Parenting Tips for your ADHD Family Healthy Living, Effective Discipline
Mar 29	ADHD Plus – Common Co-Existing Conditions <i>Guest Speaker: Dr. M. (Bell) Lohnes, W. Lincoln Psychology Centre</i>
Apr 19	ADHD Medications <i>Guest Speaker: George Saati, Pharmacist at SimErgy Health Network</i>
May 10	Q & A with <i>Debra Charlesworth, Family Behavioural Specialist for ADHD</i>
May 31	Dealing Effectively with Frustration, Anger and Stress – Yours and Theirs, <i>Guest Speaker: Julie Christiansen, Reg. Psychotherapist</i> Tips for a Better Summer

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:



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

This project is supported by:



www.niagararegion.ca Search ADHD
Parent Talk Line: ext. 7555 at 905-688-8248 or
1-888-505-6075



A Parish of the Anglican Network in Canada, ACNA
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