



# 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.

## 2018 Spring Meeting Schedule

Feb 28	<b>Realistic Healthy Eating and Exercise Tips to Benefit your ADHD Family</b> <i>Sandra Maxwell, RD at NRPHD</i>
Mar 21	<b>Discussion, Support, Sharing</b> <b>Including ADHD Organization, Routines, Time Management</b>
Apr 4	<b>More School Success Strategies</b> <b>Advocating Effectively</b>
Apr 18	<b>ADHD &amp; Anxiety</b> <i>Dr. M (Bell) Lohnes, W. Lincoln Psychology Centre</i>
May 9	<b>Dealing Effectively with Anger &amp; Stress – Yours and Theirs</b> <i>Julie Christiansen, M.A., R.P. (Anger Solutions)</i>
May 23	<b>Discussion, Support, Sharing (Topic chosen by interest of people attending this meeting)</b> <i>Debra Charlesworth, Family Behavioural Specialist for ADHD</i>
June 6	<b>Adult ADHD</b>

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



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

This project is supported by:



Parish of the Anglican Network in Canada, ACNA  
www.goodshepherdstcatharines.ca