

Celebrating ADHD's Strengths and Gifts

- Intelligent
- Lots of energy
- Care a lot about their families
- Can do several things at once
- Good sense of humour
- Happy and enthusiastic
- Sensitive and compassionate
- Imaginative and creative
- Full of potential

This project is supported by:



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

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Provides Information

- ADHD Resources
- Guest Speakers
- DVDs
- Websites
- Links to Community Supports

Contact Information

Learning Disabilities Association of
Niagara Region

366 St. Paul Street, St. Catharines,
ON L2R3N2

905-641-1021

905-641-2336 (f)

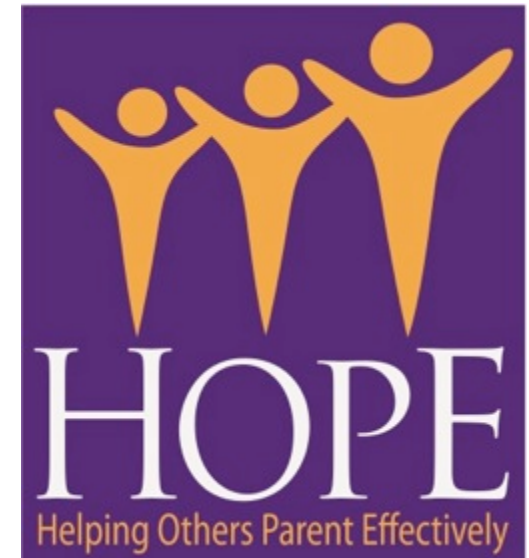
For meeting schedules, locations, and
further information, please visit:

www.LDANiagara.org



@LDANR1

@HOPENiagara



Free – No Registration Needed
Phone Re: Child Care Availability
905-641-1021

ADHD

FAMILY SUPPORT GROUP



ldanr • Learning Disabilities
Association of Niagara Region

The right to learn, the power to achieve

THE HOPE SUPPORT GROUP:

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder.

ADHD is a common disorder of the brain diagnosed by a medical professional. The main symptoms include inattention and/or hyperactivity/impulsivity, which are not appropriate for the person's stage of development and interfere with relationships and performance in daily life.

ADHD:

- is a way of being
- is managed – not fixed
- can last into adulthood
- can affect success at school or work
- can occur with other conditions (such as anxiety, depression and/or learning disabilities)

It can cause problems in making and keeping friends and in making poor choices such as dropping out of school. Treatment and understanding can help prevent these problems and help develop feelings of acceptance and belonging.

Is a great place where parents and caregivers come together to offer one another resources and encouragement;

Provides Opportunity to Learn Coping Skills

- Suggestions are offered for managing specific challenges
- Parents/caregivers are encouraged to look after their own health

Provides Emotional Support

- Spend time with others who understand the daily challenges you are living with
- Learn stress reducing strategies
- Remember there is always hope

Provides a Place to Share Common Concerns

- People are able to share their experiences without feeling judged and offer strategies they found helpful
- People are relieved to find out "I'm not the only one."

Provides Affirmation and Advocacy

- Supporting, sharing and celebrating the continuing success of your children
- Promotes a better understanding of ADHD in the community which enables all children to belong and thrive
- Develop skills to be an advocate for your child

If ADHD is touching your life, it is so important to understand the issues.
