



# 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.

## 2018-19 Fall/Winter Meeting Schedule

Sept. 12	<b>New Ways to Better Understand ADHD</b>
Oct. 3	<b>Tips for Making this the Best School Year Ever! Advocacy in ADHD Awareness Month</b>
Oct. 24	<b>Making Friends and Liking Who You Are <i>Julie Hopkin, MSW, RSW at DSBN</i></b>
Nov. 14	<b>Ways to Build Strong ADHD Families</b>
Dec. 5	<b>Executive Functioning and How Coaching Helps <i>Tammy James, MA, Coach and Trainer, Positively ADHD</i></b>
Jan. 16	<b>Managing Conditions that Exist Alongside ADHD (e.g., Anxiety, Depression, ODD)</b>
Feb. 6	<b>Keys to Parenting Our Kids With ADHD</b>

**FREE to attend** ♦ To register for free child care call 905-641-1021

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

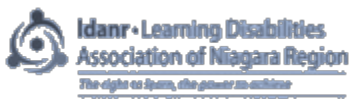
179 Carlton St., St. Catharines (Next to St. Denis School)

**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  
1-888-505-6074



*This project is supported by:*



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