



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.

2019 Spring Meeting Schedule

Feb. 27	Stress-less Morning, Evening and Homework Routines Technology/Apps To Assist Children with ADHD
Mar. 20	Emotional Regulation <i>Dr. M. Lohnes, W. Lincoln Psychology Centre</i>
April 10	Navigating the School System especially at Transition Times <i>David O'Rourke, Coordinator of Special Education, Niagara Catholic District School Board.</i>
May 1	Sharing What We Learned at Our ADHD Workshop
May 22	ADHD Medication Update and Best Practice Alternatives <i>George Saati, Pharmacist, SimERGY Pharmacy Network</i>
June 5	Summer Fun While Maintaining and Learning Life Skills

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



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