



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.

2022 Winter/Spring Meeting Schedule (virtual)

Feb. 16	Making the Best of the Rest of the School Year! - including I.E.P.'s and Psycho-Educational Evaluations for now & the future (High school and Post-Secondary)
Mar. 9.	Survival Guide for Parents (especially those who have ADHD)
Mar. 30.	Complex ADHD Managing ADHD plus coexisting conditions eg. Anxiety
Apr. 20	Help Your Child/Teen Build Executive Functioning Skills Includes Organization, Time Management
May 11	Achieving the Most Effective Treatment Plan for ADHD Includes medication, nutrition, sleep and summer plans
June 1	Planning for a Successful 2022/23 School Year Starts NOW

Meetings held virtually (contact e-mail address below for meeting link)
Wednesday evenings, 7 – 8:30 pm

For other support, resources and information email adhd.hope.niagara@gmail.com

This project is supported by:



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www.goodshepherdiccathines.ca

