

HOPE (Helping Others Parent Effectively)

Family Support Group - ADHD

Fall 2011 Meetings



St. Catharines Regional Child Care Centre
179 Carlton Street, St. Catharines
(Next to St. Denis School)

Wednesday evenings 7 - 8:30 pm

DATES

TENTATIVE TOPICS

September 21	Things that ADHD students and their parents wish every teacher knew Strategies for success at school
October 12	Minimizing morning misery Reducing family stress, especially in the morning and evening
November 9	Welcome to my world — understanding life from your child's/teen's point of view Helping you become a better parent and helping them improve their relationships
December 7	ADHD plus... coexisting conditions More effective ways to manage anxiety and anger

Share what's working well in your family
Get suggestions for managing the challenges!

* For other support, resources and information:

- Visit www.niagararegion.ca and search ADHD
- Email us at: hope@niagararegion.ca
- Call the HOPE FAMILY SUPPORT LINE at
905-688-8248 ext. 7400 or
1-888-505-6074