



Helping Others Parent Effectively

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

2012 Spring Meeting Schedule

DATES

TENTATIVE TOPICS

- | | |
|----------------|---|
| Jan. 18 | Healthy Eating Tips for the Whole Family- Sandy Maxwell RD
Suggestions for weight, sleep and physical activity concerns |
| Feb. 15 | School Success Strategies |
| Mar. 7 | Medication - why it's needed, effective use and management
(for ADHD and anxiety, depression, OCD, ODD) - Pharmacist |
| Apr. 4 | Improving Home Life for Everyone (including siblings and ADHD parents) |
| Apr. 25 | Organizational and Social Skills
Building on their strengths and developing positive self-esteem |
| May 9 | Practical Parenting Tips - Teach your child/teen to manage their ADHD |
| Jun. 6 | Plans for an Enjoyable Summer Break
Plus, <u>NOW</u> is the time to prepare for next school year |

Everyone is welcome.
Wednesday evenings, 7 - 8:30 p.m.

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

For other support, resources and information:

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