



## 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.

### 2020 Winter/ Spring Meeting Schedule

Feb 19	Niagara Resources (plus technology) for ADHD families with Katie McKay, Contact Niagara
March 11	Practical strategies to manage ADHD and Anxiety with Dr. Jean Dennis, West Niagara Psychology Centre
April 1	Executive Functioning Skills and School Success- What Parents Need to Know with Tammy James, M.A. Senior Coach & Trainer, Positively ADHD
April 22	Ask Debra: Improving Home Life and Family Relationships with Debra Charlesworth, Specialized Behaviour Therapist, Counsellor & Coach- ADHD & Asperger's
May 13	Parenting the Explosive, Defiant Child/ Teen with ADHD, Collaborative Problem Solving with Carlie Beach, Counsellor, Pathstone Mental Health
June 3	Summer Survival Guide- Fun, Learning and Connection Plus How to plan Now for a Better School Year

**FREE to attend** To register for free child care email [adhd.hope.niagara@gmail.com](mailto:adhd.hope.niagara@gmail.com)

**Meetings at: Niagara Falls Early Learning and Family Centre (Branscombe)**  
6271 Glengate Street, Niagara Falls, ON

**Wednesday evenings, 7:00 – 8:30 pm**

**For other support, resources and information email [adhd.hope.niagara@gmail.com](mailto:adhd.hope.niagara@gmail.com)**

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