



## 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.

### 2021 Fall/Winter Meeting Schedule (virtual)

Sep. 15	<b>An Evening of Problem Solving Your Current ADHD Concerns (Includes help for Families with a Recent ADHD Diagnosis)</b>
Oct. 6	<b>Teamwork with School Staff (Tips on Communication and Advocating in Meetings for Your Child/Teen)</b>
Oct. 27	<b>Helping Your Child/Teen to Control their Emotions Includes Anger and Stress Management</b>
Nov. 17	<b>Improving Relationship Skills and Self Esteem Includes tips on Making and Keeping Friends &amp; Website Safety</b>
Dec. 8	<b>Have a Happier Day! Routines that Reduce Morning, Evening and Homework Stress</b>

**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](mailto:adhd.hope.niagara@gmail.com)

*This project is supported by:*

