



ADHD Parent Support Group

The Ins and Outs of ADHD for Parents

Presented by the **ADHD Center for Success**

Join us for an Educational Support Group for Parents of Children with ADHD (and other related Learning Disorders)

Find the support you have been looking for in this weekly 90 minute educational workshop, where we will explore the challenges of parenting a child (or maybe two?) with ADHD. Parents often find themselves walking a fine line between doing too much for their child, and letting them fail and learn from their experiences. In this group we will discuss such challenges and provide parents with skills to help manage their child's ADHD and the impact it has on their behavior, social development and academic performance.

Through a combination of weekly discussions and educational presentations, parents will learn new strategies for dealing with common, everyday issues which are magnified when combined with ADHD. Parents will gain skills which they can teach their children, to help them learn how to regulate their emotions, plan and organize, and have more positive family and peer relationships.

Weekly topics include (but are not limited to):

- Diagnosis and what now?
- Navigating School Accommodations (IEP's and 504's)
- Effective Time Management Skills (can we actually get there on time?)
- Skills for teaching Emotional Control (managing behavior away from home)
- Constructive Discipline and Effective Use of Rewards
- Treatment Options: To medicate or not? Neurofeedback, what is that?
- Homework Management Without Tears

\$495 for 6 week session

Group Begins Thursday 3/1 @ 7-8:30 pm

***Individual Sessions Available**

Space is Limited. Groups Led by Dr. Mary DeWitt. For more information or to register, please email Dr. DeWitt: drmarydewitt@gmail.com or call (858) 208-3680

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