

MINDFUL PARENTING GROUPS FOR PARENTS OF YOUTH WITH ADHD & EXECUTIVE FUNCTION WEAKNESSES: FALL 2019



Starting
September
2019

Learn to Respond Rather Than React

Judy Bandy, RN, MA and ADHD Coach is pleased to offer two Mindful Parenting Groups specifically for parents of children and adolescents with ADHD and Executive Function weaknesses.

Parenting a child with ADHD and Executive Function weaknesses brings its rewards and challenges into young adulthood. This parent group may help to support you in these common experiences:

- Managing expectations of yourself and your child.
- Learning when and when not to provide assistance.
- Considering the best ways to provide support.
- Responding when you witness repeated behaviors.
- Managing your emotions when you watch your child struggle.
- Responding in positive ways to other parents' and teachers' opinions about your parenting choices.
- Fostering and preserving your relationship with your child while managing ADHD.

Intentionally Parenting Your Child and Teen with ADHD 7 week class

The group will use "*The Mindfulness Prescription for Adult ADHD*" by Lidia Zylowska, M.D. as a resource to understand the fundamentals of intentional parental response. In addition, supplemental resources will be included in a resource binder as part of the fee.

Topics include:

- Neurology of ADHD and Executive Functioning
- Discerning appropriate parent support
- Choosing response over reaction
- Understanding Stress Response
- Managing Thoughts and Emotions
- Effective Communication
- Appropriately advocating for your child

Dates: Wednesdays: September 18, 25 October 2,9,23,30, November 6

Time: 12:30-2:00 PM

Location: Dunn Brothers Coffee Conference Room, 14525 MN-7 Suite 130, Minnetonka, MN 55345

Fee: \$275 payable by check or credit card

Minimum 8 members needed

FIRST TIME OFFERING

Guiding your Teen and Young Adult towards Post high school Independence (child with ADHD should be at least 14) 7 week class

The group will use "*Ready for Take-Off: Preparing your Teen with ADHD or LD for College*" by Maitland and Quinn. Please purchase the book before starting the group. In addition, supplemental resources will be included in a resource binder as part of the fee.

Topics include:

- Neurology of ADHD and Executive Functioning
- Tools to assess teen's independence readiness for post high school experience
- Designing steps to promote teen's independence
- Choosing response over reaction
- Managing Thoughts and Emotions
- Effective Communication
- Building positive relationship with teen

Dates: Mondays: September 16, 23, 30, October 7, 21, 28 November 4

Time: 9:30-11AM

Location: Dunn Brothers Coffee Conference Room 14525 MN-7 Suite 130, Minnetonka, MN 55345

Fee: \$275 payable by check or credit card

Minimum 8 members needed

Please email me at judyebandy@gmail.com or call me at 612-708-0149 with any questions.

Reserve a place in the group at

www.adhdlifetools.com/parent-groups