



Fall 2020 Mindful Parenting Groups

for parents of youth with ADHD and executive function weakness

facilitated by Judy Bandy, RN, MA, and ADHD Coach



**All fall groups will meet online using Zoom.
Class size is limited to 8 participants.**

Intentionally Parenting Your Child and Teen with ADHD

A six-week class that provides an understanding of the fundamentals of intentional parental responses. You will learn how to discern appropriate parent support and better communicate and manage stress and emotions. Resources will be provided via email. Fee: \$215.

Offering 1: Tuesdays from 12:00-1:30pm starting September 15

No meeting October 13

Offering 2: Wednesdays from 7:00-8:30pm starting November 4

No meeting November 25

Guiding Your Teen/Young Adult towards Post-High School Independence

A six-week class for parents who's child is 14+. You will learn to help asses, design steps for, and promote your teen's independence. This class uses *Ready for Take-Off: Preparing your Teen with ADHD or LD for College* by Maitland and Quinn. Please purchase the book in advance. Fee: \$215.

Tuesdays from 7:00-8:30pm starting September 15, 2020

No meeting October 13

Fatherhood and ADHD: Conversations between dads of children with ADHD

Three weeks of conversations to understand more about ADHD, supporting child learning, and managing ADHD. We will watch and discuss late ADHD advocate and parent Tommy Dendy as he and other fathers talk about the unique challenges of parenting children with ADHD. Fee: \$60.

Thursdays, November 5, 12, and 19 from 7:00-8:00pm

For more information and to register:
adhdlifetools.com/parent-groups

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