

# LEARN TO RESPOND RATHER THAN REACT



ADHD Life Tools



## 2023 Online Mindful Parenting Groups

for parents of youth with ADHD and Executive Function weakness  
facilitated by Judy Bandy, RN, MA, and ADHD Coach

Parenting a child with ADHD and Executive Function weaknesses brings its rewards and challenges including managing expectations, how much to do for your child, and preserving your relationship with your child. Join us to learn about and discuss new perspectives on ADHD and parenting practices. Virtual session topics include:

- Neurology of ADHD and Executive Functioning
- Discerning appropriate parent support
- Choosing response over reaction
- Managing stress and emotions
- Effective problem solving
- Appropriately advocating for your child

## Intentionally Parenting Children with ADHD

This six-week online class provides understanding of the fundamentals of intentional parental responses and building better communication patterns. This class is for parents of children through 7th or 8th grade. Resources provided via email. Fee: \$230

7:00 - 8:30 p.m. Thursday September 14 then Tuesdays, September 19, 26, October 3, 10, 17 on Zoom

## Guiding Your Teen/Young Adult towards Independence

This six-week online class teaches the fundamentals of intentional parental responses and building better communication patterns to promote your teen's independence post-high school. This group is for parents of children ages 13+ and uses the book *Launching into Young Adulthood with ADHD ... Ready or Not!* by Chris Zeigler Dendy and Ruth Hughes. Fee: \$230

Tuesdays 7:00 - 8:30 p.m. Oct. 24, Nov. 7, 14, 21, 28, Dec. 5, on Zoom