

LEARN TO RESPOND RATHER THAN REACT



ADHD Life Tools



Spring 2024 Online Mindful Parenting Group

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

This six-week online class provides understanding of the fundamentals of intentional parental responses and building better communication patterns. This class will help parents of any age child find strategies to build some independence while strengthening the parent/ child relationship. Fee: \$230

Tuesday Evening: March 5, March 12, April 9, 16, 23, 30
via zoom 7-8:30 P.M. Note: No classes March 19, 26, April
2 due to spring breaks

Wednesday Daytime: April 10, 17, 24, May 1, 8, 15 via
zoom 11:30 A.M - 1:00 P.M.