



In person ADHD parent group

An educational group offering introductory information on ADHD to parents and caregivers. Participants are asked to register in advance for the five sessions covering:

- What is ADHD and how to talk to you child/teen about it
- How medication, nutrition, exercise, and sleep impact ADHD
- How ADHD impacts self-regulation and the importance of co-regulation
- Tools for parenting a child/teen with ADHD
- Navigating school systems and community services

Tuesdays from 6 to 7:30 p.m., February 25 to March 25, 2025.

Recovery Alberta Child, Youth and Family Addiction and Mental Health Clinic, Melcor Centre (Suite 120A 200 - 4 Ave. S.).

**To register, call Access Addiction & Mental Health
1-888-594-0211**