

ADHD Workshop *For Parents*

Parents of children with ADHD often feel isolated, unsure and misunderstood by other parents and family members. Get the support, education and tools you need in a safe, private setting.

Gaining skills and confident parent training is recognized as a crucial part of treatment for children with ADHD. Parenting instincts alone are often not enough to help your child and keep daily life manageable. Using a combination of education and coaching, this workshop will help you develop specific tools, techniques and strategies to:

- Reduce chaos and challenging behaviors
- Set realistic and effective rules and boundaries
- Help your child capitalize on their strengths and increase self-esteem
- Reduce homework stress for you and your child
- Help your child manage frustration



This workshop explains how ADHD impacts children and teens beyond impulsivity, hyperactivity and inattentiveness and gives you the tools and strategies you need.

Sanders & Associates

2225 Enterprise Drive Suite 2515
Westchester, IL 60154

708-223-8405

Please call to register

**Thursday
November 15th, 2012**

6:30 p.m.-7:30 p.m.