

# Let's talk about **ADHD**

**3 week psychoeducational group for parents/caregivers to support  
the children in our lives diagnosed with ADHD**

**Presented by Child and Youth Mental Health**



**Week 1: Tuesday, October 10th—9:00-10:30am**

**“What is ADHD? What does it look like?”**

**Week 2: Tuesday, October 31—9:00-10:30am**

**“Tips and Tools for Parents”**

**Week 3: Tuesday, November 21—9:00-10:30am**

**“Community/School Support and Medication/Other Treatment Options”**

**ALL SESSIONS WILL BE HELD AT THE Y EARLY YEARS CENTRE LOCATED AT 150 WOOD STREET.**

**PLEASE CONTACT SARAH AT 250-376-4771 TO REGISTER**

**CHILDMINDING SPACES AVAILABLE-PRE-REGISTRATION IS REQUIRED**