

Let's talk about **ADHD**

3 week psychoeducational group to provide information and tools to parents of children with ADHD

**Presented by Child and Youth Mental Health
In partnership with CCRR-EYC
Offered virtually through ZOOM**

To register, call CCRR-EYC at 250-376-4771

Week 1: Tuesday, September 22; 3:30-5:00

“What is ADHD? ADHD Basics. Healthy lifestyle for kids with ADHD.”

Week 2: Tuesday, September 29; 3:30-5:00

“Tips and Tools for Parents”

Week 3: Tuesday, October 6; 3:30-5:00

“Medication and other treatment options. Community and School Support”

