

HOPE (Helping Others Parent Effectively)

Family Support Group - ADHD St. Catharines Chapter ~ 2010 Meetings



St. Catharines Regional Child Care Centre
179 Carlton Street, St. Catharines
(Next to St. Denis School)

TIME	DATES	TENTATIVE TOPICS
Morning Meetings 10-11:30 a.m.	Jan 13	Understanding how the ADHD brain works and how medication and evidence-based alternatives help
	Feb 10	HELP- What's available at school and how to get it
	March 3	Practical parenting tips - Encourage, Discipline, Coach life skills
Evening Meetings 7-8:30 p.m.	Jan 20	Proud to be ADHD- Improving self esteem & focusing on strengths
	Feb 17	HELP- What's available at school and how to get it
	March 10	Understanding how the ADHD brain works and how medication & evidence-based alternatives help
	April 7	Practical parenting tips - Encourage, Discipline, Coach life skills
	April 28	What About Me! Meeting the needs of all family members
	May 19	Improving Relationships - tips for managing anger, frustration, anxiety
June 9	Planning a great summer and the best start for the 2010/11 school year	

For other group locations near you,
as well as support, resources and information -
visit www.niagararegion.ca and search ADHD
email us at: hope@niagararegion.ca
Call the HOPE FAMILY SUPPORT LINE at 905-688-8248 ext. 7400
Call Glenda Kerrigan (Public Health Nurse) at 905-688-8248 ext. 7583
(toll free: 1-888-505-6074)



Share what's working well in your family
Get suggestions for managing the challenges!