



Our Group Covers:

What is ADD / ADHD?

- Symptoms, related problems.
- ADHD over the life span.
- the brain's executive functions.

Recommended Treatment:

- Treatment options.
- Brain function.
- How medication works.

Positive Behaviour Management:

- Guiding principles in parenting ADHD children and teenagers.
- Using positive reinforcement.

Parenting Strategies that Work:

- Tips to strengthen your child's executive skills.
- Giving more effective commands.
- How to motivate your child/ teenager.

Coping with Family Life

- Planning positive time together.
- Sibling relationships.
- Building your child's self esteem.
- Managing stress in the family.

Being Your child's Advocate

- Working with the school.
- Community supports.



Halton Healthcare

Learn more about ADD/ADHD, helpful parenting strategies, the role of medication, resources available, and how to work with the school system collaboratively.

Parents of children 6-17 years of age with an ADHD diagnosis will find this group helpful to better understand and meet the needs of their child.

The ADHD Group will be held in the Outpatient Mental Health Clinic located in the

Oakville Corporate Center
700 Dorval Drive, 6th Floor
Telephone : (905) 815-5140
Fax Number : (905) 815-5076

Learning About ADHD A Group for Parents

Location: 700 Dorval Dr. 6th floor