



## A Family Support Group for Parents/Caregivers of Children with ADHD

Share what's working well in your family and get suggestions for managing the challenges.

### 2023-2024 HOPE Zoom Meeting Schedule

- Sept. 13 Ensuring School Success: Teamwork, Organization, Accommodation, Homework, IEP
- Oct. 4 Explaining ADHD and how it impacts the Whole Family to Child, Family, Friends, Relatives
- Oct. 25 Accessing Services, Supports and Resources for ADHD  
(Professionals, Technology, Reputable Research)
- Nov. 15 Managing ADHD (Medication and Alternatives, Healthy Eating, Exercise, Sleep)
- Dec 6 Managing Daily Stress plus Holiday Survival Tips (Routine and Mindfulness)
- Jan. 17 Continuing and Improving School Success including Transition to Secondary, Post Secondary
- Feb. 7 Effective ADHD Parenting Skills (Communication, Behaviour Management, CPS)
- Feb. 28 Tips for Your Role as Executive Functions Coach  
(Organization, Time Management, Motivation)
- Mar. 20 Tips for Your Role as Social/Emotional Skills Coach  
(Friendship, Self Esteem, Self Advocacy)
- April 10 Managing Conditions that Coexist with ADHD  
Eg. Anxiety, Depression, Learning Disabilities, OCD
- May 1 Emotional Regulation, Self Regulation  
(Anger management, ODD, Rejection Sensitive Dysphoria)
- May 22 Parenting Your Teen with ADHD  
Independence Building Strategies
- June 12 Summer Plans that ensure Back-to-School Success  
Fun while Improving Relationships and Executive Functions

Meetings are held virtually. Contact [adhd.hope.niagara@gmail.com](mailto:adhd.hope.niagara@gmail.com) for a meeting link.  
Wednesday evenings, 7 – 8:30 pm

For other support, resources and information email [adhd.hope.niagara@gmail.com](mailto:adhd.hope.niagara@gmail.com)

This project is supported by:

