

# SickKids Programs for Parents of Children with **ADHD** Winter/Spring 2016

**Workshop Series: TUESDAY evenings 5:30-7:00 pm**

- March 1, 2016**      **ADHD Day to Day – What works?** An interactive discussion of parenting strategies; setting limits, positive reinforcement and managing challenging times.
- March 8, 2016**      **Overview of Learning Disabilities:** Understanding learning disabilities, as well as strategies regarding working with your child’s teacher and how to be an effective advocate.
- March 15, 2016**      **MARCH BREAK – NO WORKSHOPS THIS WEEK**
- March 22, 2016**      **Ask the Expert, Medication Treatment for ADHD:** Have your questions about medications and more answered in this informative session with Dr. Alice Charach, child psychiatrist.
- March 29, 2016**      **Transition to Adolescence:** For the teen with ADHD; navigating the teen years, understanding developmental stages and tasks and supporting your child.
- April 5, 2016**      **SPECIAL TOPIC**  
**Bullying- What We Know and How Parents Can Help:**  
Learn why children bully and how it impacts them as well as what makes children more vulnerable to bullies and ways to help ‘bullyproof’ your child. You will be given step-by-step instructions on how you can help your child deal with bullying and how you can reduce fighting between children in your own home.

**You are welcome to attend all five workshops, or just those that are of interest. All workshops are held in room 6711, on the 6<sup>th</sup> floor of the Atrium, here at SickKids. Unfortunately, we cannot provide child care.**

## **TO REGISTER:**

For more information or to register for the workshops please contact Laura Rich ([laura.rich@sickkids.ca](mailto:laura.rich@sickkids.ca)) or 416-813-6022 or Kim Harris ([kimberly.harris@sickkids.ca](mailto:kimberly.harris@sickkids.ca)) 416-813-5133