

ADHD Seminar Series: 2021-2022

The Attention Deficit Hyperactivity Disorder (ADHD) Seminars will be held monthly on Wednesdays from 5:30 pm to 7:00 pm virtually through Zoom.

Seminars are *only* for caregivers of children ages 4 to 12 years old who have a diagnosis of ADHD or are in the process of being diagnosed.

The seminars provide an opportunity for caregivers to gain skills and learn more about ADHD, the symptoms, the research, and its impact on children at home, school and in the community. Caregivers can attend as many seminars that are of interest.

October 13, 2021

Introduction to ADHD and the Brain

February 9, 2022

The Impact of ADHD in
Adolescence and Adulthood

November 10, 2021

Creating a Successful School Year

March 9, 2022

Guest Speaker

December 8, 2021

Social Skills

April 13, 2022

Connecting and Resource
Sharing

January 12, 2022

Managing Behaviours at Home

May 11, 2022

Making the Most Out of Your Summer

To register please email us at:
Daniela Shulman: dshulman@stridestoronto.ca

Or

Shalini Mallik: smallik@stridestoronto.ca

Registration is required as limited spaces are available, a link to access the Zoom session will be sent out the day prior to the seminar.