

**Patrick Beaver Learning Resource Center
Presents**

**ADHD Family
Information Sessions**



**Community Room A-B, Holy Trinity Lutheran Church
547 6th St. NW Hickory, NC**

Date/Time	Session	Other information
Sept 17 9am	Introduction to Series and ADHD	PBLRC will confirm its commitment to support families affected by ADHD. Focus of this session will be on meeting families, introducing staff, previewing upcoming information sessions, and encouraging input for open sessions.
Oct 29 9am	Study Skills/ Handwriting	This three hour workshop will discuss common problems with homework; essential qualities of a sound homework plan; basic techniques to make the family's experiences with homework better; and the creation of personal strategies to improve your child's chances of success in the classroom.
Nov 12 9am	2-E Children	During this session we will explore the often confusing relationship between giftedness and ADHD. Parents will be encouraged to identify and appreciate strengths of their children while dealing with the sometimes frustrating behaviors common to ADHD.
Dec 10 9am	Treatment Options	Discussion will focus on arguments related to treated and untreated management of ADHD. Medical specialists will examine diagnoses and options for treatment of ADHD. Parents will have the opportunity to ask questions about these options.
Jan 21 9am	Open Forum and Support Session	Parents are encouraged to suggest topics for discussion during this open forum session.
Feb 25 9am	Impact of ADHD On Family	Families will be presented with coping techniques and strategies for reducing the negative effects of ADHD. Discussions will center on general principles and topics that can apply to any relationship.
Mar 24 9am	Advocating for Your Child	This three hour workshop will examine how to advocate in various settings: in schools, in social settings, with extended family members, recreational activities, etc.
Apr 21 9am	Open Forum and Support Session	Parents are encouraged to suggest topics for discussion during this open forum session.
May 19 9am	Social Skills	Parents will learn how to guide their children in practical ways to enhance positive, acceptable social behavior in different situations. Children will have the opportunity to learn and practice positive interactions with peers and adults.



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