

UNDERSTANDING YOUR ADHD CHILD

Parenting Workshop/Group

with ADHD Specialist, Kristen Baird-Goldman, LMFT CCSP

Topics covered over the 2-day workshop:

The new ADHD = "VAST"

Self & Emotion regulation strategies

Self esteem & Perfectionism

Advocacy

Sensory Issues

The Brain and Executive Functions

2-day workshop:
February 29th & March 7th
9:30a - 12:00p

\$200 per participant (couple)
(Limited to 12 people)

15235 Burbank Blvd, B4
Sherman Oaks, CA 91411
RSVP - contact@theadhdguru.com

Register in person or online at:
www.kbgtherapy.com

Parenting children with ADHD is often a challenge; emotions and interpersonal interactions are intense and continually changing.

Parents worry about how they should react to this exhausting intensity and how they might avoid the power struggles.

Learn new strategies to help you and your child succeed and share your experiences with other parents.