



ADHD Parent Support Group

How can I help my child....

- stay organized and do homework?
- manage their mood and emotions?
- handle the change in routine over break?
- make and keep new friends?
- sleep and eat well?
- take his/her medication?

Join us for...

A brief presentation by Beth Shapiro, MA, LICSW and a retired behavioral pediatrician. Each week will include managing behavior, taking care of yourself while taking care of your child, medication question and answer session as well as alternative medicine options

Where:

Virtual (you will receive a link the day of the event)

When:

Mondays at 6:30-7:30pm

2021		2022	
September 13 th	November 1 st	January 10 th	April 4 th
October 4 th	December 6 th	February 7 th	May 2 nd
		March 7 th	

**Please call (763) 559-7050 to reserve your spot.
\$10/per family
Space is limited.**