

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:

Psychology Consultation Specialists
3300 Fernbrook Lane N, Suite 120
Plymouth, MN 55447

When:

Mondays at 6:30-7:30pm

2019		2020	
September 9 th	November 4 th	January 6 th	April 13 th
October 7 th	December 9 th	February 3 rd	May 4 th
		March 9 th	June 1 st

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