

## ADHD Seminar Series: 2024 – 2025

The Attention Deficit Hyperactivity Disorder (ADHD) seminars provide an opportunity for parents and caregivers to learn more about ADHD, the symptoms, the research, and its impact on children at home, school, and in the community.

- There is no charge for this program, participation is free.
- The seminars are open to parents and caregivers of a child/young person (ages 4-12 years) who may be struggling with ADHD.
- All referrals are welcome, including self-referrals.
- You can attend as many seminars as you want.

### WHERE

Online – all seminars will be held on ZOOM

### WHEN

September 2024 – May 2025

One Tuesday every month, from 5:30 pm to 7:00 pm



**September 10, 2024**

Introduction to ADHD



**October 8, 2024**

Plan Supports for the School Year



**November 12, 2024**

The ADHD Brain



**December 10, 2024**

Supporting Behaviours at Home



**January 7, 2025**

Supporting Behaviours in the Community



**February 11, 2025**

Interaction Styles and Communication



**March 11, 2025**

The Impact of ADHD in Adolescence & Adulthood



**April 8, 2025**

Guest Speaker



**May 6, 2025**

Making the Most Out of Your Summer

To find out more information or to join our participant list, please contact:  
Salmina at [salmina.sabah@stridestoronto.ca](mailto:salmina.sabah@stridestoronto.ca) or  
Shelby at [shelby.eisner@stridestoronto.ca](mailto:shelby.eisner@stridestoronto.ca)