



St. Catharines ADHD Community Workshop

Presentation Descriptions

Executive Functioning and ADHD: Keeping the Balls in the Air

Executive functioning (EF) refers to a number of important, brain-based processes that allow us to do what we need to do to get things done and meet our goals. It includes skills that allow us to control our actions and emotions, pay attention, avoid distractions, set and prioritize goals, plan, organize, get started, monitor our progress, stay motivated, and finish tasks. People with ADHD struggle with some, or many, of these skills, and EF deficits can cause them, and their loved ones, many problems and a lot of frustration. In this workshop, we will provide information about what these skills are, why they are important, and what we can do to support children and adolescents (and even adults) with ADHD, who struggle with them.

Self-Regulation and ADHD: From Chaos to Smoother Sailing

Self-Regulation is critical to our well-being, and ADHD is, essentially, a disorder of self-regulation. Self-regulation allows us to control our thoughts, feelings, and emotions, and achieve an overall state of well-being. Unfortunately, self-regulation difficulties are often mistaken for “behavior problems” or negative character traits, leading people to respond in ways that very often contribute to further dysregulation. This seminar will provide important information about self-regulation, including the factors influence it, and how we can help those who struggle with it.

ADHD Goes to School

This workshop will explore the impact of ADHD on children at school, and the strategies and supports that can be implemented to help students with ADHD be successful. We will consider how ADHD impacts learning skills, achievement, and actions of students, and specific accommodations and interventions that can help improve their functioning in these areas.

ADDventures at Home

This workshop will explore the ups and downs of parenting children and adolescents with ADHD, with a focus on the types of challenges families may face, and the types of strategies that can help families address these difficulties.

Adult ADHD and the Family

At least 60% of children with ADHD will become adults with ADHD and most children with ADHD will have a parent with ADHD. This presentation will look at how adult ADHD impacts family functioning, parenting and relationships within the family. Family, home and relationship strategies for adult ADHD will be reviewed and discussed in detail.

Transitioning from Childhood ADHD into Adolescent ADHD and Beyond: what parents need to know

When children enter adolescence additional parenting challenges are a given. However, when these children have ADHD their symptoms and impairments make things even more challenging. This presentation will cover topics such as; increased academic challenges; driving; relationships, sex and unwanted pregnancies; smoking, alcohol, pot, stimulant medication and other substance abuse; continuing issues with emotional regulation; challenges in transitioning into adult health care; and applying to post-secondary institutions.