



ADHD Community Workshop

Understanding ADHD in the Home,
School and Workplace

PRESENTERS:

Dr. Megan Smith, Ph.D. in Child Clinical and School Psychology, has worked with diverse client populations in community, outpatient, residential, and inpatient settings at Youthdale Treatment Centres, the Toronto District School Board, and in private practice.

Heidi Bernhardt RN, Founder, and President of CADDAC and past Executive Director of CADDRA, has over the past 25 years helped raise awareness and understanding of ADHD among parents, educators, health care professionals, industry leaders, and government officials through presentations, conferences, media interviews, and advocacy work.

COST: \$20.00 – Bring your own lunch, coffee and tea provided
For more Information and to Register visit

www.caddac.ca



CADDAC would like to thank our sponsor Shire Canada for generously supporting this educational event

We would also like to thank HOPE (Niagara's ADHD Family Support Group) for their assistance organizing this event

**Saturday April
13th 9am to 4pm**

Grace Mennonite Church (Gym)
677 Niagara St.
St. Catharines ON

This workshop is geared to:

- **Parents and Educators**
- **Adults and Adolescents with ADHD and their families**
- **Employers & HR**
- **Health and Medical Professionals**

Topics:

- Executive Functioning and ADHD: Keeping the Balls in the Air
- Self-Regulation and ADHD: From Chaos to Smoother Sailing
- ADHD Goes to School
- ADDventures at Home
- Adult ADHD and the Family
- Transitioning from Childhood ADHD into Adolescent ADHD and Beyond: what parents need to know

Lunch Discussion on School Advocacy for those who wish to bring a packed lunch

Door prizes include;

- *3 free – one hour consultation sessions with a psychologist from West Niagara Psychology Centre*
- *2 free- one hour coaching sessions with ADHD Coach*
- *ADHD books*