



Understanding ADHD in the Home, School and Workplace

Agenda

8:30 Registration

9:00 Executive Functioning and ADHD: Keeping the Balls in the Air – Dr. Megan Smith

10:20 Break

10:40 Self-Regulation and ADHD: From Chaos to Smoother Sailing – Dr. Megan Smith

12:00 Lunch Break – On Your Own

Optional – Discussion on School Advocacy (for those who wish to bring a packed lunch)

13:00 Choice of Workshops

1. ADHD Goes to School – Dr. Megan Smith
2. Adult ADHD and the Family – Heidi Bernhardt

14:20 Break

14:40 Choice of Workshops

1. ADDventures at Home – Dr. Megan Smith
2. Transitioning from Childhood ADHD into Adolescent ADHD and Beyond: what parents need to know – Heidi Bernhardt

16:00 End of day