

# Interactive ADHD Adolescence Parenting Course

*April 7th, 14th, 21st, 28th and May 19th, 2021.*

## Abstract

This five-part interactive course has been designed for parents starting the ADHD journey with their adolescent and for those striving to understand their adolescent's impairments and needs. It will cover the things you need to know about ADHD: what it really is; how it impacts learning, behaviour and emotional regulation; treatment options, and how to implement home and school strategies.

The course will review common impairments experienced by adolescents with ADHD while taking you through the process of developing your teen's profile and a home strategy plan. The added risks for those with ADHD in adolescence will be reviewed along with strategies to help your teen ultimately transition into adulthood. Working with the school while advocating for your child will be discussed and result in the development of a school communication and advocacy plan for your family. Tips for preparing and transitioning into post-secondary will also be covered.

This course will be both instructional and interactive with a third of the time devoted to questions and discussion. Homework sheets will be assigned at the end of each session and reviewed at the beginning of the next session as we work through the development of your child's profile and home and school plans.

This course is geared to parents of adolescents between 13 and 21 years of age (since we know those with ADHD take longer to mature) and will be approximately 12 hours in total, divided into 5 sessions.