

HOPE (Helping Others Parent Effectively)

Family Support Group - ADHD Beamsville Chapter ~ WINTER 2010 Meetings



Trinity United Church
4287 William Street, Beamsville
9:30 a.m. - 11:30 a.m.

DATES

TENTATIVE TOPICS

Jan 13	Support and Sharing
Feb 10	Managing Behaviours - Guest Speaker, Linda Moros
Mar 10	ADHD: A Positive Perspective
April 7	Creating a Balance Between Homework and Fun
May 19	Adults and ADHD - you or your partner?
June 16	Support and Sharing

For other group locations near you,
as well as support, resources and information -
visit www.niagararegion.ca and search ADHD
email us at: hope@niagararegion.ca
Call the HOPE FAMILY SUPPORT LINE at 905-688-8248 ext. 7400
Call Sharon Knott (Public Health Nurse) at 905-688-8248
ext. 7539 (toll free: 1-888-505-6074)

Free - No need to register. All are welcome!

Share what's working well in your family
Get suggestions for managing the challenges!

