

HOPE (Helping Others Parent Effectively)

Family Support Group - ADHD Fort Erie Chapter ~ WINTER 2010 Meetings



Niagara Region Public Health
43 Hagey Avenue, Fort Erie
7:00 p.m. - 8:30 p.m.

DATES

TENTATIVE TOPICS

Jan 12	DVD "It's so much work to be your friend"
Feb 2	Support and Sharing
Mar 2	DVD "Beyond F.A.T. City"
April 6	Dawne Mach—Learning Disabilities Association of Niagara—Advocacy and Strategies to deal with co-existing behaviours
May 4	Support and Sharing
June 1	Getting ready for summer

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 Laurie McDowell (Public Health Nurse) at 905-871-6513
ext. 31

Free - No need to register. All are welcome!

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

