



Healthy Albertans.
Healthy Communities.
Together.

Child, Youth & Family
Addiction and Mental Health

Online ADHD Parent Group

This is an educational group for parents and caregivers who want to learn about ADHD. The purpose of this group is to provide current introductory information around ADHD. This virtual open group consists of six, one hour, stand-alone sessions on such topics as: what is ADHD, medication and ADHD, ADHD and nutrition, exercise and sleep, parenting a child/adolescent with ADHD, ADHD and self-regulation, and ADHD and navigating the professional/school system. Participants can choose to attend from 1 to all 6 sessions. The group topic and Zoom link will be sent out each week to registrants.

Upcoming Dates

Thursdays, January 12 – February 16, 2023
6:00 - 7:00 p.m.

Tuesdays, February 28 – April 4, 2023
12:00 - 1:00 p.m.

Thursdays, April 20 – May 25, 2023
6:00 - 7:00 p.m.

To register, call Access Addiction & Mental Health
1 888 594 0211