

## Skills Training on ADHD For Parents and Teens

For parents and kids (12 - 15) who have ADHD.  
The group will be conducted in English

**Place:** 5050 Kingsway, Burnaby  
3292 Production Way, Burnaby  
1155 W. Pender, Vancouver  
108-10422 168th St., Surrey

**Dates:** 8 Fridays at 5 p.m. – 6:30 p.m. or  
8 Saturdays at 10:30 a.m. – 12 p.m. / 1:30 - 3:00 p.m.

**Fee:** \$150/session for one parent and one kid  
\$200/session for two parents and one kid

This 8-session ADHD skills training program will teach parents and their kids what ADHD is, how to reduce the symptoms, deal with the problematic behaviours and build a solid attachment together.

### SESSIONS OUTLINE

**Session 1 (Feb. 24, 18) – Understanding What ADHD Is**

**Session 2 (Mar. 3, 18) – Stress Management**

**Session 3 (Mar. 10, 18) – How to Build Solid Attachment?**

**Session 4 (Mar. 17, 18) – Positive Parent-Child Communication**

**Session 5 (Mar. 24, 18) – How to Help Your Kids Succeed? / Emotional Regulation for Kids 1**

**Session 6 (Mar. 31, 18) – How to Reduce Behavioural Problems?/ Emotional Regulation for Kids 2**

**Session 7 (Apr. 7, 18) – How to Solve Problem Collaboratively?**

**Session 8 (Apr. 14, 18) – How to Improve Your Executive Functioning?**

#### FACILITATORS:

Jane Li is a Registered Clinical Counsellor who has over 13-year counselling experience in family, marriage, trauma, & child and youth mental health.

Denise Kan is a Registered Social Worker who has over 20-year counselling experience in mental health and family therapy.

For more information or registration, contact Jane Li at 778-847 4326 or Denise Kan at 778-865 7710.

Prior screening is needed.

