

Guided ADD/ADHD Parent Support Group



This 7-week group will help parents whose children have ADD/ADHD:

- ◆ Understand what ADD/ADHD is: the symptoms & diagnoses
- ◆ Learn strategies to use at home and in school
- ◆ Consider your parenting style and emotions
- ◆ Discuss treatment options including medication, nutrition and alternative therapies
- ◆ Connect with others to share experiences & tips
- ◆ Set realistic expectations and long-term goals

Wednesday evenings in Portsmouth,
Sept. 13 - Oct. 25, 2017, 6-7:45 p.m.

Child care (up to 12 years old) included with advance sign up.

Sign up online or call: 603-422-8208 press 2

Facilitated by Lynn Marsh, M.Ed., parent of 3 children with ADHD, and former school guidance counselor.

Families First Health & Support Center • 603-422-8208 x-2
100 Campus Drive, Portsmouth (last parking lot around the back)
tinyurl.com/FFparenting

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Thursday evenings at Seabrook Elementary School,
256 Walton Road, Seabrook
Sept. 21 - Nov. 2, 2017, 6-8 p.m.

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Facilitated by Randy Tallent, Child Development Specialist.

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