



**Learning Disabilities
Association of Manitoba**
617 Erin Street
Winnipeg, MB R3G 2W1
Phone: 204-774-1821
Fax: 204-788-4090
Email: ldamb@mts.net
Web: www.ldamanitoba.org

Parenting the Adolescent with

ATTENTION DEFICIT DISORDER (AD/HD)

Adolescents with ADHD / ADD can often place a tremendous strain upon family relationships.

This can impact parents' ability to meet the needs of all family members, including the adolescent with ADHD / ADD. While ADHD /ADD is not caused by poor parenting, parents need knowledge about the condition, its treatment and parenting strategies that will help minimize the negative effects of the disorder and make life more manageable for the whole family.

For parents of adolescents diagnosed with ADHD / ADD ages 11 – 17, this course will continue for seven weeks.

The objectives of the course are to:

- a) increase parent knowledge and understanding of ADHD / ADD and how this disorder interacts with their teen's environments
- b) to make parents aware of strategies that can be applied to make life more manageable for the family and for the teen.

Participants will be provided with a course book and appropriate handouts. Confirmation of your teen's ADHD / ADD diagnosis is part of the registration process. Please call Cheryl at 774-1821, ext. 10 for details.

Course Outline (Seven MONDAY evenings)

Introduction to ADHD / ADD and its impact on the individual and the family. Understanding adolescent development, common behaviours of adolescents with ADHD / ADD, problem solving, conflict resolution, listening skills, behaviour management, dealing with the school, siblings and peers.

Facilitator: Cheryl Nicholson, B.A. Advanced (Developmental Psychology, Sociology, Linguistics), M.A. Educational Sociologist (Imminent), LD Intake / Destination Employment Coordinator for LDA Manitoba.

Location: Herzing College

Address: 723 Portage at McGee

(parking is available at the back of the building)

Dates: Monday evenings, Feb. 22 to April 5, 2010

Time: 7:00 p.m. - 9:00 p.m.

Learning Disabilities Association

of Manitoba is a non-profit, United Way of Winnipeg funded organization, dedicated to providing education and training regarding Learning Disabilities and Attention Deficit Disorders.



PARENT COURSE – REGISTRATION

Name: _____

Address: _____

PCode: _____ Phone: _____ Email: _____

VISA or MASTERCARD(Name on Card and No.)

Exp. Date _____ Sign _____

Age of child _____ Member: Yes No

Fees include course and workbook:
non-members: \$65.00 indiv. / \$ 95.00 couple
member rate: \$55 indiv. / \$85 couple

Dates:

Seven MONDAY evenings

February 22 to April 5

Time: 7:00 p.m. - 9:00 p.m.

*Make cheques/money orders payable to:
Learning Disabilities Assoc. of Manitoba (LDAM),
617 Erin Street, Winnipeg, MB R3G 2W1
Tel: 774-1821 ext.12 fax: 788-4090*