

Dear Parents,

Appleseed is pleased to offer an upcoming program that will assist children and parents in dealing with ADHD and related concerns. The program will have a group for parents and a group for children for 6 weeks. A simple meal and childcare will also be provided, with the meal beginning at 5:30 p.m. Parents will be involved in a parent group, while the children are in their own group learning about themselves and social skills.

Who: Parents with children ages 6-11 who are committed to a 6 week program

What: Learning parenting styles and structure, goal setting
Identifying you child's strengths and challenges; understanding ADHD
Promoting healthy communication and family interactions
Teaching behavioral techniques and social reinforcement methods
Addressing parental stress management and corrective discipline techniques
Parental skill assessment, review, trouble shooting, resources

The children's group: Identifying strengths and learning styles
Learning social skills and manners, self-correction skills
Positive communication skills
Stress and anger management skills
Problem solving, cognitive self-statements for success
Review, goal setting for school, termination celebration

When: Thursdays for 6 weeks -- **March 2nd – April 6th**
Dinner **5:30** Group **6:00-7:30**

This program is developed to be holistic in approach to help families be successful navigating the ADHD challenges. We will offer additional supports to help support parental skills, child behavior support and teacher consultation and ongoing school support/trouble shooting.

If you are interested in having your child participate in this group and to participate in the parent group for yourself, please call our office at 419-281-3716 ASAP and let your counselor know. Please let us know if you are going to need child care, as this is currently being arranged.

Please contact your counselor or myself at 419-281-3716 if you have any questions or concerns related to this program. We are looking forward to working with you!

Sincerely,

Stacy Merryweather, MA, LPCC-S
Clinical Director