

For Families in St. Mary's, Calvert, and Charles Counties

Understanding and Supporting Children with ADHD

In this free workshop parents and caregivers will learn the 5 C's of ADHD parenting based on Dr. Sharon Saline's book *What your ADHD Child Wishes You Knew: Self-Control, Compassion, Collaboration, Consistency and Celebration*. Learn how to reduce stress, create peace in your family and increase cooperation and love all around.

Topics include:

- Setting mutual goals that foster cooperation
- Easing academic struggles
- Tackling everyday challenges, from tantrums and backtalk to staying organized, building friendships, and more

For more information, contact [Jodi Gardiner](mailto:jgardiner@mdcoalition.org) at jgardiner@mdcoalition.org or 202-961-9135.

Leonardtown Library
23630 Hayden Farm Ln.
Leonardtown, MD 20650
Meeting Room 1



Register at:
<https://sforce.co/3CBEIYS>:

Thursday, September 22
6:30-7:30 PM

MCF
maryland coalition of families