

Mental Health & Addiction Services
5 Chipman Drive
Kentville, NS B4N 3V7
T: 1-855-273-7110
F: (902) 679-1766 (MH Child)
F: (902) 678-4917 (MH Adult)
F: (902) 678-0085 (Addictions)



Mental Health & Addiction Services
Soldiers Memorial Hospital
PO Box 730 462 Main Street
Middleton, NS B0S 1P0
T: 1-855-273-7110
F: (902) 825-5181 (Mental Health)
F: (902) 825-5185 (Addictions)

Child and Youth Mental Health Program

HELPING YOUR CHILD WITH ADHD

Winter 2022

January 11, 2022 - March 22, 2022

Tuesday mornings 9:30-11:30am

Telehealth Zoom

To Register contact:

Frankie.bent@nshealth.ca

A 10 week course for parents/caregivers of children with ADHD

Topics include:

- ADHD, what it is and how it shapes your child's life
- Medications for ADHD and how they work
- Living with ADHD, knowing what works best for your child
- Behavioural challenges; school, home, learn what's behind the behaviour and how to manage it.
- More behavioural challenges and learning difficulties

For whom:

- Parents of children diagnosed with ADHD,
- Parents looking for education, support and assistance

There is **no fee** to participate.

For more information, call 1-855-273-7110

*In choosing to participate in the group over Zoom for healthcare, please know that your name and video will be seen not only by the group presenter but also by all the other participants. We are hoping to encourage participation in the virtual group in a similar way to a group that you would attend in person. You will not be required to say anything, but we will welcome participation. We will not be recording the session and this function has been disabled for all participants.