



A GPS* for PARENTS NAVIGATING High School with ADD/ADHD

It's hard enough for any adolescent to manage the shift into adulthood. When ADD/ADHD is added to the equation, it can be a major challenge, feel out of control, and create a battlefield for parent and child alike.

This group will learn to:

- Help your teen manage their social choices—driving, curfews, friends.
- Distinguish between normal adolescent behavior and ADHD related behaviors.
- Learn to pick your battles.
- Use and accept words that are respectful, direct and accomplish your goals.
- Work on building self image—theirs and yours!
- View the future with hope—open the doors of possibility.

Who should attend?

Parents who want to see their child experience success as well as a calmer family life in which the values of communication, respect and hard work are honored. The support of the group intensifies the learning. Group size limited to 8.

Takeaways:

- Perceive setbacks as opportunities.
- Define your role as parent—when to step in and when to back off.
- Empower your teen to become her best possible self.
- Remain compassionate during challenging times.
- Start to determine the skills your child needs post high school.

When: Thursday evenings, 7:00-8:30 p.m.
Complimentary first session.

Where: Paoli, PA

Cost: \$125 for four weeks

Contact Sally McAfee, M.Ed. for more information:

610-688-1471

salamac10@hotmail.com

www.familystrategycoach.com

***Guided Parenting System**