



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

Middle School is the beginning launch to independence. It's the time and space where schoolwork is more complicated and requires a higher level of organizational skills. It is also a time of difficult social interaction. Parents and youth alike can feel chaotic and out of control. Add ADHD to the mix, and the challenges can multiply.

This group will learn to:

- Set effective boundaries.
- Distinguish between normal adolescent behavior and ADHD related behaviors.
- Manage expectations and emotions.
- Communicate with “black belt” precision.
- Forge effective social support systems.
- Use humor to improve relationships.

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 limited to 8.

Takeaways:

- Information and strategy—the facts with tactics, instead of fear and doubt.
- Ability to distinguish between typical “tween” behaviors and ADHD challenges.
- Skills in communicating and problem solving everyday issues.
- Practical application in setting and reinforcing reasonable expectations.

When: Monday evenings, 7:00-8:30 p.m.

One month commitment required.

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**