

# HOPE (Helping Others Parent Effectively)

## Family Support Group - ADHD Beamsville Chapter ~ WINTER 2010 Meetings



Trinity United Church  
4287 William Street, Beamsville  
9:30 a.m. - 11:30 a.m.

### DATES                      TENTATIVE TOPICS

Jan 13	Support and Sharing
Feb 10	Managing Behaviours - Guest Speaker, Linda Moros
Mar 10	ADHD: A Positive Perspective
April 7	Creating a Balance Between Homework and Fun
May 19	Adults and ADHD - you or your partner?
June 16	Support and Sharing

For other group locations near you,  
as well as support, resources and information -  
visit [www.niagararegion.ca](http://www.niagararegion.ca) and search ADHD  
email us at: [hope@niagararegion.ca](mailto:hope@niagararegion.ca)  
Call the HOPE FAMILY SUPPORT LINE at 905-688-8248 ext. 7400  
Call Sharon Knott (Public Health Nurse) at 905-688-8248  
ext. 7539 (toll free: 1-888-505-6074)

**Free - No need to register. All are welcome!**

Share what's working well in your family  
Get suggestions for managing the challenges!



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## Family Support Group - ADHD Fort Erie Chapter ~ WINTER 2010 Meetings



Niagara Region Public Health  
43 Hagey Avenue, Fort Erie  
7:00 p.m. - 8:30 p.m.

### DATES

### TENTATIVE TOPICS

Jan 12	DVD "It's so much work to be your friend"
Feb 2	Support and Sharing
Mar 2	DVD "Beyond F.A.T. City"
April 6	Dawne Mach—Learning Disabilities Association of Niagara—Advocacy and Strategies to deal with co-existing behaviours
May 4	Support and Sharing
June 1	Getting ready for summer

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email us at: [hope@niagararegion.ca](mailto:hope@niagararegion.ca)  
Call the HOPE FAMILY SUPPORT LINE at 905-688-8248 ext. 7400  
Call Laurie McDowell (Public Health Nurse) at 905-871-6513  
ext. 31

**Free - No need to register. All are welcome!**

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# HOPE (Helping Others Parent Effectively)

## Family Support Group - ADHD St. Catharines Chapter ~ 2010 Meetings



St. Catharines Regional Child Care Centre  
179 Carlton Street, St. Catharines  
(Next to St. Denis School)

TIME	DATES	TENTATIVE TOPICS
<b>Morning Meetings</b>  10-11:30 a.m.	Jan 13	Understanding how the ADHD brain works and how medication and evidence-based alternatives help
	Feb 10	HELP- What's available at school and how to get it
	March 3	Practical parenting tips - Encourage, Discipline, Coach life skills
<b>Evening Meetings</b>  7-8:30 p.m.	Jan 20	Proud to be ADHD- Improving self esteem & focusing on strengths
	Feb 17	HELP- What's available at school and how to get it
	March 10	Understanding how the ADHD brain works and how medication & evidence-based alternatives help
	April 7	Practical parenting tips - Encourage, Discipline, Coach life skills
	April 28	What About Me! Meeting the needs of all family members
	May 19	Improving Relationships - tips for managing anger, frustration, anxiety
	June 9	Planning a great summer and the best start for the 2010/11 school year

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email us at: [hope@niagararegion.ca](mailto:hope@niagararegion.ca)  
Call the HOPE FAMILY SUPPORT LINE at 905-688-8248 ext. 7400  
Call Glenda Kerrigan (Public Health Nurse) at 905-688-8248 ext. 7583  
(toll free: 1-888-505-6074)

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