

Community Education Service



Improving emotional health and well being

25 Things Teens with ADHD Wish Their Parents Knew

Dr. Brent Macdonald, R. Psych.
complexlearners.com

Most parents of kids and adolescents who have ADHD try very hard to be compassionate and understanding of the nature of ADHD and its various effects on behaviour, mood and academic performance. What we can all forget, is that somewhere in there is a kid who understands ADHD better than anyone else. This presentation is based on hundreds of conversations with kids with ADHD and their response to the basic - but critically important - question **“What do you wish others knew about you and your ADHD?”** Using their own words is a great place to engage in truly understanding the condition and developing more effective ways to work with adolescents, and young adults who have ADHD while also framing the symptoms in a much more positive manner, so the **focus is on strengths as opposed to focusing on the negative effects** of ADHD. Strategies developed in collaboration with teens with ADHD will also be discussed.

Wednesday May 13 2020

6:30 - 8pm

Western Canada High School

641 17th Ave SW, Calgary

*parking available in lot behind the school

Registration Required

Free event

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Dr. Brent Macdonald**

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