

Community Education Service



ADHD is Awesome!

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Thursday, February 8, 2018

Session: 7:00 pm - 9:00 pm

Sign in: 6:45 pm

Ernest Manning High School

20 Springborough Boulevard SW

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955-4747

ADHD is often thought of in terms of its symptoms and associated problems. Unfortunately, a deficit-based approach, focusing on what is wrong, can be very impairing for children and their families. However, there are so many positive qualities of ADHD that need to be celebrated! In this session, you will learn about what ADHD is, why it is awesome, and how to capitalize on its assets to promote long-term success. Important considerations and practical strategies to overcome common challenges faced by high school students with ADHD are also addressed.