



Alberta Health
Services

Community Education Service

The Impact of ADHD on Learning and Self-Regulation

Presented by: Heidi Bernhardt, RN

Heidi Bernhardt, RN, is a psychiatric nurse by training, mother of three young men with ADHD, and the founder, President and Executive Director of the Centre for ADHD Awareness Canada (CADDAC), a national not-for-profit organization dedicated to awareness, education, and advocacy for ADHD. Heidi also served as the Executive Director of the Canadian ADHD Resource Alliance (CADDRA), a national not-for-profit organization of the leading clinicians and researchers in ADHD in Canada for 6 years. Over the past 24 years, Heidi Bernhardt has helped raise awareness and understanding of ADHD among parents, educators, health care professionals, industry leaders, and government officials through presentations, conferences, media interviews, and advocacy work.

November 8, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

Calgary Academy

1677 93 St SW, Calgary

Session is FREE
of charge/
Parking fees
may apply

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

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

Have you wondered why children with ADHD struggle in the school environment? While ADHD is not a learning disability, nor a behaviour disorder, ADHD can significantly impact a student's ability to learn and behave in this environment while impairing their academic achievement.

The impact of ADHD symptoms on classroom functioning, typical presentations of ADHD symptoms seen in the classroom and some that may be commonly overlooked will be covered. Typical executive functioning impairments and other cognitive deficits will be discussed in detail. Impairments in self-regulation typically seen in children with ADHD in the home and school setting will also be explained and discussed.

Level I: This session presents an overview of ADHD and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **The Centre for ADHD Awareness Canada (CADDAC)**.