

# Community Education Service



*Improving emotional health and well being*

## Executive Functioning Essentials for Parents

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Executive Functioning (EF) refers to the behaviour management system of the brain. These cognitive processes tell us what to do, when to do it, and how well to do it. Individuals with Learning Disabilities and/or ADHD may experience increased difficulty in the development and use of these functions compared to their same-aged peers. When kids struggle to regulate their executive functioning it can result in lower grades, lack of motivation, school avoidance, social difficulties, anxiety and stress. But these “problem behaviours” are simply symptoms of unmet needs. Join Tanya to learn how difficulties with executive functioning could be causing problem behaviours and what you can do to help!

**May 17<sup>th</sup> , 2024**  
**2:00 PM – 3:30 PM**

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This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and in partnership with Avery Family and School Psychology Services.