

# Community Education Service



*Improving emotional health and wellbeing*

## Unmasking ADHD in Girls: Insights, Strategies, and Next Steps

**Dr. Alethea Heudes**, Registered Psychologist  
[Heudes Child Psychology and Consulting](#)

This presentation explores how ADHD can present differently in girls often overlooked or misunderstood and how it impacts their day-to-day lives.

Participants will leave with strategies, tools, and guidance on next steps for seeking a diagnosis and/or accessing support

**September 23<sup>rd</sup>, 2025**  
**6:30 PM – 8:00 PM**

[Click here to register](#)

**FREE**



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) and [Heudes Child Psychology and Consulting](#).