

Community Education Service



Improving emotional health and wellbeing

Practical Insights for Adults Supporting Young People with ADHD

Jay Johnson, Registered Psychologist
The Family Psychology Place

The recent uptick in awareness and diagnosis of ADHD among young people has been encouraging, but it also brings additional challenges for the adults that work with them. This talk is aimed at assisting those that support this group (parents, teachers, mentors, etc.) through information, insights, and potential strategies to meet the unique needs of this population.

Outcomes: information on adolescent ADHD, the unique demands of working with it, how we as adults can more effectively support, practical strategies for home/school/public environments.

November 20th , 2025
11:00 AM – 12:30 PM

[Click here to register](#)

FREE

online event



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 **The Family Psychology Place**.

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