

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, why it is 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.



March 18th, 2026
11:30 AM – 1:00 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](#).