

# 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 18<sup>th</sup>, 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.