

Community Education Service



Improving emotional health and wellbeing

Supporting Your Child/Teen with ADHD: Strategies for Parents

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Shelly Qualtieri and Associates

This presentation, Understanding ADHD, helps parents and caregivers better understand their child's unique strengths and challenges. It focuses on recognizing ADHD as a set of "superpowers" while offering practical strategies to support success at home and in school. Attendees will also learn about helpful community resources to guide them on their journey.

May 28th, 2026
11:00 AM – 12:00 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 [Shelly Qualtieri and Associates](#)
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