

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Unmasking ADHD in Girls Part 2: Supporting Females with ADHD

Dr. Alethea Heudes, Registered Psychologist. Heudes Child Psychology and Consulting

Thursday Oct 8 2026
12:00 - 1:30 PM

Supporting girls with ADHD requires more than simply repeatedly telling them what to do.

Part 2 explores practical, evidence-based strategies for supporting executive functioning, building skills, and helping them manage everyday demands at home and school.

* You do not need to attend both Part 1 and Part 2. You can attend either session individually or both sessions.

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