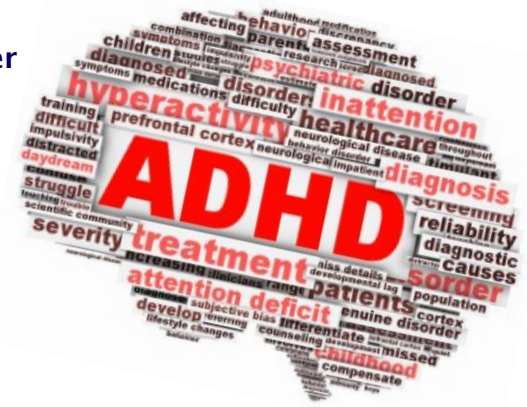


SureHope Counseling & Training Center
Redeemed. Renewed. Transformed



ADHD Parenting Group: Support & Education

Have a child with ADHD? Struggling with how to respond to your child? Feeling the pressure of learning to help your child manage it? Parenting a child with ADHD can pose many challenges, including learning how to appropriately discipline your child without “losing your cool,” helping your child through academic challenges and social skills, and balancing the needs of your whole family. Does this sound like you?

If so, **you're invited** to attend a multi-week information and support group with other parents raising children with ADHD. Here's what you can expect to learn from the group:

- Information and **research** about ADHD, including **brain development**
- Practical strategies for **discipline** and **behavior**
- Tips for building **routines**
- Guidance in creating a **homework** system and providing **school support**
- Opportunity to **connect with other parents** and be a part of a community of people facing similar challenges

Group start date: February 2016

For registration or to get more information, please see the contact information below:

**SureHope Counseling &
Training Center**
1935 JN Pease Pl.
Charlotte, NC 28262

Phone: 704-750-1570

E-mail: MarySheaTherapy@gmail.com

Facilitator:
Mary Moussa Shea,
MS, LMFTA

