

CALM AND CONNECTED...

Parenting Your Child with ADHD

A 7 - Session Parent Coaching Workshop Series

Parenting a child with ADHD can be difficult. Your parenting instincts alone are often not enough to help your child and keep daily life manageable.

During the this workshop we examine how ADHD truly impacts your child's development based on the most recent research, and help you develop the tools necessary based on best practices to help your child be successful in school, at home, and in life!

Using a combination of education and coaching, specific strategies are developed to help you:

- * Reduce the chaos and defiance that often occur
- * Learn to establish appropriate rules and expectations and have your child cooperate
- * Increase your child's self esteem and help them capitalize on their strengths
- * Reduce homework stress for you *and* your child
- * Bring back your joy and connection with your child

Participants of the workshop are welcome to join the **Parent Coaching Support Group** open exclusively to current and past members of the *Parent Coaching Workshop Series*.



Cindy Goldrich, Ed. M.,
ACAC
Certified ADHD Parent Coach
Specializing in ADHD
Education and Support

7-Session Workshop

Classes forming now. For dates and locations call
516.802.0593

or email Cindy@PTScoaching.com

Visit www.PTScoaching.com for more information