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**Sunday Nov  
9am to 4p**

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**Rockway Community Centre  
1405 King St E. Kit**

**This workshop is geared for:**

- **Parents and Educators**
- **Adults and Adolescents with ADHD and their families**
- **Employers & HR Professionals**
- **Health and Medical Professionals**

## **ADHD Community Workshop**

**Understanding ADHD in the Home,  
School and Workplace**

### **PRESENTERS:**

**Dr. Megan Smith, Ph.D. in Child Clinical and School Psychology**, has worked with diverse client populations in community, outpatient, residential, and inpatient settings at Youthdale Treatment Centres, the Toronto District School Board, and in private practice.

**Heidi Bernhardt RN**, Founder, and President of CADDAC and past Executive Director of CADDRA, has over the past 25 years helped raise awareness and understanding of ADHD among parents, educators, health care professionals, industry leaders, and government officials through presentations, conferences, media interviews, and advocacy work.

**COST: \$20:00 –Bring your own Lunch**

### **Topics:**

- Executive Functioning and Keeping the Balls in the Air
- Self-Regulation and AD/HD: From Chaos to Smoother Sailing
- ADHD Goes to School
- ADDventures at Home
- Understanding ADHD's Impact on Adult Relationships
- Understanding ADHD in the Workplace

**Lunch Discussion on School Advocacy for those who want to bring a packed lunch**

