

Celebrating ADHD's Strengths and Gifts

- Smart
- Lots of energy
- Care a lot about their families
- Can do several things at once
- Good sense of humour
- Happy and enthusiastic
- Sensitive and compassionate
- Imaginative and creative



Provides Information

- ADHD Resource package
- Guest speakers
- Videos
- Websites
- Displays
- Links to Community Supports

Contact Information

Niagara Region Public Health
Family Health Division

2201 St. David's Rd., Campbell East
Thorold, ON

905-688-8248, ext. 7379
1-888-505-6074, ext. 7379

For meeting schedules and further
information, please visit:
www.niagararegion.ca

Niagara  Region
PUBLIC HEALTH



HOPE

Helping
Others
Parent
Effectively

ADHD

FAMILY SUPPORT GROUP

Niagara  Region
PUBLIC HEALTH

HOW THE HOPE SUPPORT GROUP CAN HELP:

HOPE is a great place where parents and caregivers come together to offer one another resources and encouragement which support the continued success of their children living with ADHD.

What is ADHD?

ADHD stands for Attention Deficit/Hyperactivity Disorder.

ADHD is a common disorder of the brain which appears in childhood and is diagnosed by a medical professional. The main symptoms include hyperactivity, impulsivity and inattention which are not appropriate for the person's stage of development and interfere with relationships and performance in daily life.

ADHD:

- is a way of being
- is a learning style
- is managed - not fixed
- can last into adulthood
- can affect success at school or work

It can cause problems in making and keeping friends and in making poor choices such as: dropping out of school and substance misuse. Treatment and understanding can help prevent these problems and help develop feelings of acceptance and belonging.

Provides Opportunity to Learn Coping Skills

- suggestions are offered for managing specific challenges
- parents/caregivers are encouraged to look after their own health

Provides Emotional Support

- spend time with others who understand the daily challenges you are living with
- learn stress reducing strategies
- remember there is always hope

Provides a Place to Share Common Concerns

- people are able to share their experiences without feeling judged and offer strategies they found helpful.
- people are relieved to find out "I'm not the only one".



Provides Affirmation and Advocacy

- share and celebrate successes
- promotes a better understanding of ADHD in the community which enables all children to belong and thrive
- develop skills to be an advocate for your child

If ADHD is touching your life, it is so important to understand the issues.
